

Bellefonte, Pa., January 18, 1918.

I HAVE A RENDEZVOUS WITH DEATH.

I have a rendezvous with Death At some disputed barricade, When spring comes round with rustling

And apple blossoms fill the air. I have a rendezvous with Death When spring brings back blue days and

It may be he shall take my hand And lead me into this dark land And close my eyes and quench my breath It may be I shall pass him, still, I have a rendezvous with Death On some sacred slope of battered hill, When spring comes round again this year And the first meadow flowers appear.

God knows 'twere better to be deep Pillowed in silk and scented down, Where love throbs out in blissful sleep, Pulse nigh to pulse, and breath to breath, Where hushes awakenings are dear, But, I've a rendezvous with Death At midnight in some flaming town, When spring trips north again this year, And I to my pledged word am true, I shall not fail that rendezvous.

Alan Seeger

The above poem was written on the western front by an American poet, Alan Seeger, whose great love for France led him to volunteer on her behalf. The brilliant author was killed soon after he had written his "Rendezvous With Death"possibly the last poem to escape his penin the battle at Belloy-en-Santerre, last July. The poem appeared in the North from the front.

His soul has gone on, but his lines will live as a challenge and inspiration to all who battle for God.

And I to my pledged word am true I shall not fail that rendezvous

THE PATRIOTIC IN MUSIC.

(The following very interesting address was delivered by Rev. Malcolm DePue Maynard, rector of St. John's Episcopal church, Bellefonte, at the December meeting of the Bellefonte Chapter, D. A. R., held at the Nittany Country club.-Ed).

The subject assigned to me is a wide one and could be treated from many different angles. At most times it might be deemed to have merely an Even as a lover who would be well seen, academic interest, to musicians, for Our manhood faultless and our honor example, or to school teachers striving to inculcate by every means possible the duty of love of country in the minds of the nation's younth, or to bravery and loyalty from the soldiery members of a patriotic body such as of all times and all nations, must be this, which has been due, together also a powerful agent in building up with other societies of similar genius, all classes in patriotism. And this so much of the effort of keeping alive, has been borne out in the history of and national devotion. But as we deal that the nation is engaged in the fully developed. During this time Bull, one of James I's organists and classical district accustom himself to a gentle the chances are one will add to the classical district accustom himself to a gentle the chances are one will add to the classical district accustom himself to a gentle the chances are one will add to the classical district accustom himself to a gentle the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom himself to a gentle that the chances are one will add to the classical district accustom the chance accustom the chance accustom the chance accustom the greatest war in its history. The war-bugles are sounding not only through-called national anthem or song sathroughout lands of freemen beyond form or another to ideals of national sic as one of the great psychological and spiritual facts which may be used relation to patriotism as at this time

hearted love to their country.

found influence on patriotism, and does not make them, as yours does, particularly when patriotism has been calling for sacrifice, for deeds of he- States of America. roic daring. For music, whether we think of it as a succession of sounds tion,-one concerning the national anas in harmony or melody, or as po- them about which we were just speaknormally not music at all, yet has mu- my and navy and at all gatherings ofsic at its heart, or rather springs ficially representative of the country godlike from the same divine source or of her chosen rulers it has the preters, the folk lore ballad, the Christ- with all the weight of the authority

and the sound of its skirling brings to mind vivid pictures of the clans of Scotland and their redoubtable wartime prowess, as they fought their tribal battles in the mediaeval highlands, or just a few days ago went marching down Broadway, their plaided skirts aswinging, the same patriotic music piping, in the interests of recruiting for the British forces. Even we civilians can scarcely,—even if we should so wish,—keep our enthusiasms from running riot when such martial strains are brought to our ears, or when the drums beat, the fifes trill, the bugles call, even when a local brass band on some patriotic occasion plays one of Sousa's American marches or even music more recent and more of a music-hall varie-Generals demand adequate music for each regiment or for each division that must lead to the front or into battle. W. J. Locke in his last novel, "The Red Planet" comments on the fact that so many of the troops in England, in the early days of the war at least, were moved silently and secretly to the continent, whereas it would have been so much better for their own morale and for the morale of the country generally, if they could have departed with bands playing and colors fiying,-dangerous as such a procedure would have been. It is right that there should be bands and fifes and drums to go with our boys, words of the first stanza!-largely no for these can fill their hearts with doubt because there is little incentive courage even when leaving home for to learn what it is so difficult to use the first time and saying good bye to after one has learned it. the mother who bore them, or when There are other national songs charging to the last assault,-though which have almost the prestige of anin this case the bugles alone could thems, two of them particularly, such American Review. It was among many spirited verses which Seeger had sent back give their silver utterance, and nerve as "Hail Columbia," "My Country men's souls for the "going over." Tis of Thee," "Columbia the Gem of courage, when he could write,

When to the last assault our bugles blow, Reckless of pain and peril we shall go, Heads high and hearts aflame and bayo-

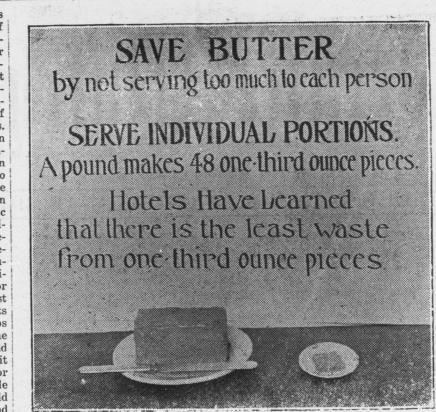
nets bare, And we shall brave eternity as though Eyes looked on us in which we would

One waited in whose presence we would wear.

Music then which has done its bit in wringing such stupendous deeds of during the long period between our the various great nationalities of the wars, the sacred fires of patriotism world, more especially so during the past one hundred or one hundred and with this thought of the patriotic in fifty years when the sense of nationout our own land, and not only cred to the life of the nation. We have seen it, among us Americans at least, the seas, but they are sounding in win its way to a position almost secevery land among all peoples on the ond only to that of the flag in the deplanet's surface who still cling in one votion of our people. The two, flag and anthem, have become wellnigh honor, national righteousness, inter- the great sacraments of our corporate national brotherhood, and earth-wide life. Foreigners coming to our shores fredom for all. We are all of us call- and desiring our citizenship we teach ed to a vindication of the same holy the anthem's holy words, and little principles as those for which our children are taught to lisp them alfathers sacrificed and bled and died, most before they can read them in our and yet triumphed gloriously, in the schools. And who of us, since the 6th far-gone days of Bunker Hill, Valley of April, 1917, when we entered the Forge and Yorktown. We must on war, casting off the reproach of nearthis account necessarily look at mu- ly three years, who of us,-to whom perhaps, before, the country and its honor meant so little, or meant only to the further upbuilding of love of in a more or less selfish way,-who country and loyalty to the tremendous of us has not been stirred, inwardly ideal on which she was founded and and outwardly, beyond expression, in which God has sustained her. We by the sound of "The Star Spangled shall therefore consider music in its Banner," as we never expected could have been possible? We cannot, we a very practical thing, one of the most must not, discount the influence that potent forces to arouse America's music has in fostering the patriotic manhood, womanhood and childhood in ourselves and in those for whom to the lofty plane of unswerving loy- we are in a sense the wards, that is alty, unselfish devotion and whole- the rising generation and also those whose history, whose antecedents, Music must always have had a prowhose spiritual and national ancestry

necessarily loyal to these United We come to an interesting quesor painting,—and each one might an official standing which we give to words which might be sung to this hymn as a national anthem, and we nary offices or dwelling rooms, think of some such art which though no other patriotic song. In the aras issue the symphony of the old mas- eminence. But thrilling as it is and mas carol, the love song, or the na- it has behind it at present, we must tional anthem,-music, and all the acknowledge that it does not have, arts, speaks to the soul, and there is among other patriotic selections of a that within them all that pulls and similar nature, the undivided affectugs at the very depths of our being tion of our people. As a people, howuntil we cease almost to remain mor- ever, we are still very young and imtal, we touch infinity, eternity, soar- mature, we have still to go through ing beyond space and time. To some much that we pray God will weld us of us, one art will have this effect, to more closely together and make us some another, to some, many of the more perfectly the instruments of His arts, music, poetry, architecture and will among the nations of the earth. what not. So, with music in its in- Our national anthem of today we may fluence upon love of country. In the hardly find a fit enough expression for earlier days of the world's history,- our national sentiments of tomorrow. when patriotism was largely devotion Today we must be loyal to the things to the cause to some leader, or of which exist as ordained by the powsome band, in and through one form ers that be, but no harm can come or another of military activity,—its from a frank discussion as to how cerrole was chiefly among soldiers, but tain things may be bettered, as for in these latter days among civilians example some change in our national of all classes as well. From the days anthem, whether that be regarded as of the conquering armies of the Ro- something important or as something man Empire, and before, men have quite trivial. Notice that our present gone forth to battle to the accompa- anthem can hardly be called popular. niment of instrumental music of some True, it is thrilling and wondrously kind. It is reported that the Roman so, it is magnificent, but hard to sing soldiers introduced the bagpipes into unless one has the musical notes in the British Isles. We need only men- hand and can read them. How few

tion that stirring instrument of music, there are who know more than the



Surely Alan Seeger, that brave young the Ocean," and "The Battle Hymn of American who died a martyr to his the Republic." Of these the one that love for France and through her for lies closest to the hearts of us all is humanity, freedom and fair play, undoubtedly "America." The words knew how music could thrill to patri- are well-known, practically everyone otic heroism and to utter sacrifice for sings them at any public gathering country, at the same time filling the where this national hymn is used. The soldier with the highest ideals of man- tune is derived from the English anhood and honor and with splendid them, "God Save the King." To some this fact is an objection to the adoption of "America" as the national anthem of the United States. There is a German propaganda which most strenuously objects to the wide use of this tune among us, and some of this first published in the Atlantic Monthilk have even gone so far as to assert that the air is of German origin. By reference to the Encyclopedia Britannica the following history of the mel-ody may be discovered. It was sung, that is the words and music of "God Save the King," as his own composition by Henry Carey in 1740 in England, words and music being subsequently printed in the "Gentleman's and ecclesiastical that such a com-Magazine" for October, 1745. Since monplace and jig-like melody accordthat time and particularly of late ed ill with words of such grand spirit-Earlier forms of the air exist such as Hymn as Mrs. Howe's words theman "ayre" of 1619, attributed to John selves, and if the hymn is given a fair later organist at Antwerp Cathedral a elsewhere where a certain dignity draft. 1619. Carey and Bull in the general opinion of musical critics divide the solemn as few other selections sacred credit between them, though in his "Minstrelsy in England," 1901, Frank Kidson has introduced a new claimant. James Oswald, a Scotsman who settled in London in 1742, worked for the publisher of the early copies of "God Save the King," and became chamber composer to George III. What seems certain is that 1745 is the earliest date to which we may assign the composition as we have it substantially today, but that both words and music were evolved out of earlier forms. The fact remains indisputable, in so far as we may seem to have any knowledge covering the case, that the air is of English origin. It was adopted by both Denmark and Germany at the end of the eighteenth century and set to patriotic words in the language of both peoples.

If the tune to which we sing 'America' or "God Save the King," be then of English origin, there is no valid reason to be advanced why it should not be the music for the respective anthems of the two great nations of English-speaking peoples. Indeed the music gains in patriotic significance, and in nationl, if it, like our religious and civil liberty, like our body of laws, our language, our very genius as a republic, looks to the rock Let the Hero born of woman crush the whence we were hewn, the Motherland over seas. Recently in the New York Times there were given some Britain:

"Two Empires by the Sea. Two nations great and free, One anthem raise. One race of ancient fame One tongue, one faith we claim One God Whose glorious Name

We love and praise. "What deeds our fathers wrought, What battles we have fought, Let fame record; Now vengeful passion cease. Come victories of peace. Nor hate nor pride's caprice Unsheath the sword.

"Though deep the sea and wide, Twixt realm and realm its tide Binds strand to strand. So be the gulf between Gray coasts and islands green, With bonds of Peace seren

And friendship spann'd. "Now may the God above Guard the dear lands we love. Both East and West.

Let love more fervent glow, As peaceful ages go, And strength yet stronger grow, Blessing the blest.

mark in passing, as to its words has no objectionable stanzas or verses, as the third stanza of the "Star Spangled Penner" with its braggadorio refer-Banner" with its braggadocio references to our British enemies in the Revolutionary war,—a stanza by almost universal consent omitted now that we stand allied to our bloodThe importance, therefore, of having ner, the body enveloped in a blanket. brothers of the British Isles,—from the nose and throat carefully examwhose forbears our ancestors revolted just because they were themselves Britishers and could brook no tyran-"America's" words would apply

always and in any crisis. the old folk-tune long associated with the song, "John Brown's Body." This music is often held to be undignified.

It is a familiar fact that exposure and chilling will often produce a cold. This is usually due to the fact that the nerve centres controlling to make the result of the nerve centres controlling to make the result.

It is a familiar fact that exposure and chilling will often produce a cold. This is usually due to the fact that the nerve centres controlling the controlling the result is a familiar fact that exposure and chilling will often produce a cold. This is usually due to the fact that the nerve centres controlling the cold and to dress quickly. In fact, there is very considerable danger of catching cold at this time if great care is not taken.

If one does not remain in head it is not taken. April 19, in honor of our entry into the war. Many criticisms were made at the time from authorities musical carol, 1611, and a ballad, must be attained, it will be found as

or secular. The words are music of a high order, and they breathe the spirit of the front line of conflict not only of '61 but of '17 and wherever the freedom of God's people is being battled for. "I have seen Him in the watch-fires of hundred circling camps:

They have builded Him an altar in the evening dews and damps; have read His righteous sentence by the dim and flaring lamps:

His day is marching on Does she not well in these lines reconstruct for us the atmosphere of the camp of the "Boys in blue," as they were called, when the life of the nation was at stake and God raised up Abraham Lincoln to be her savior? And then this stanza so often omitted from copies arranged for popular singing; why, I cannot tell, for it is one of the finest of the five in the poem. Perhaps it is too theological, supernatural element in the Faith:

"I have read a fiery gospel writ in burnished rows of steel; As ye deal with My contemners, so with

you My grace shall deal; serpent with His heel,' Since God is marching on."

which we hold in common, which I ier expression. But whereas it is give you, not by any means suggest- dear and meaningful to us Christian ing them as a national song, but be- folk, it may be in a form too much cause they express so beautifully that like a hymn of orthodox Christianity for which we cannot cease devoutly to ever to receive a welcome by our engive thanks to God, for that we stand tire people. For national purposes, shoulder to shoulder in this terrible no doubt, there must be something war for humanity, for civilization, more generally worded as is our presfor Christianity, with our sister re- ent national anthem or "America." public, our Mother country, Great Probably we must say that our abiding national anthem is yet to be born. Let us nevertheless prove faithful to these present signs, symbols, sacraments, call them what you will, of loyalty and devoted love to our country, and God may entrust us with

others still more noble. Some weeks ago a brief but timely letter appeared in one of the town papers in relation to the subject of community singing. Rumor has it that the letter was penned by a member of this society. Be that as it may, my only regret is that the suggestion of the letter, namely that we of Bellefonte organize some definite form of far as I have had opportunity of knowing not been followed out. We have had patriotic rallies since then, at one of which, as I remember, the singing was to have been a special it necessary, these should be used only of a lot of good things to say, but she ly on the advice of a physician. When the nose is clogged with soot or dust, chance to say them."

Health and Happiness

"It may be well claimed that the care of individual and family health is the first other without undue force. Otherand most patriotic duty of a citizen."— wise, infection may be carried into the and most patriotic duty of a citizen."-Ex-President Wm. Taft.

> Number 30. AVOIDING COLDS.

From "How To Live" by Professor Irving Fisher and Dr. Eugene Lyman Fisk. Bacteria play a part in most colds. In some cases there is a general ingrippe; in others there is a local infection, with mixed classes of bacteria. It is probable that these various ance is in some way lowered.

is due to abnormalities in the nose or throat. Nasal obstruction is a very surprising than the paradox that excommon condition. The nose, like the ercise keeps a man well, but that eye, is usually an imperfect organ. when he is sick it is better to rest. These obstructions are often the result of adenoids in childhood, which interfere with the proper development of the internal nasal structures. Malformation of the teeth and dental formation of the teeth and de These obstructions are often the result of adenoids in childhood, which arches in childhood are frequent and often neglected causes of nasal obday at the outset. struction. Such malformations are caused by the arresting of the growth can always mitigate and shorten the of the upper jaw and nasal structures. duration of a cold and lessen the dan-Correction of the deformity of the ger of complications, the symptoms of the of the cannot always be appreciated arches often renders nasal surgery un-The hymn "America," we may remark in passing, as to its words has predispose to colds, but increase their Among the nose. They also increase the liabili-

dition of the mucous membrane or any obstruction corrected must be apparent. All who suffer from recurrent A ge colds should take this precaution before winter sets in.

The "Battle Hymn" is a splendid bit of writing in more ways than one. If the nasal passages are put in a healthy condition, strict obedience to above or below that of the body, since bit of writing in more ways than one. The words were written by Mrs. Howe in 1861 while at the front. They were first published in the Atlantic Monthly, February, 1862. The music was the old folk-tune long associated with a person is living. The following points need especial emphasis:

culation of the skin are over-sensitive, and exhibit a sort of hair-trigger reaction to exposure, causing a disturbance of the circulation, and of the be kept humidified, especially in winheat-regulating machinery of the body | ter when it is apt to be exceedingly date there has been much controversy as to the authorship of both words and music. In this paper we are naturally interested of the control o

secured by various means. One should

Cool bathing, to a point that prostirring, as uplifting, as dignified and duces a healthy reaction, is another to absolutely fast by skipping a meal important feature of skin training. | or two, using nothing but water or kidney trouble, is not advisable, but has bulk but little food value, such as delicate individuals, who cannot react green vegetables or fruit. The comwell to the cold bath, can greatly in- mon idea that one should "stuff a cold crease their resistance by graduated and starve a fever" is mose erroneous cool bathing performed as follows: and comes apparently from a misun-Standing in about a foot of hot water, derstanding of the meaning of this adone may rub the body briskly with a lage which, originally, it would appear, wash cloth wrung out of water at was not meant in the imperative sense about 80 degrees F. and reduced day at all, but as follows: "If you stuff a by day until it is down to 50 degrees

F. Following this the cold douche or affusion may be taken (water quickly) dashed from a pitcher) beginning at 90 degrees F. and daily reducing until 50 degrees F. is reached, or just before the point where an agreeable reaction ceases to follow.

The wearing of loose, porous clothing, and the air bath—exercise in a is a good time to resolve to avoid valuable measures in skin training. Very heavy wraps and fur coats should be worn only during unusual exposure, as in driving or motoring.

Outer clothing should be adapted to the changes in the weather, and meperhaps too definitely Christian for dium-weight underclothing worn those who want their Christianity throughout the winter season. Officepared down to suit the standard of an workers and others employed indoors age that would tend to minimize the are, during the greater part of the day, living in a summer temperature. The wearing of heavy underclothing under such conditions is debilitating to the skin and impairs the resisting

Overheated rooms should also be avoided for the same reason. rooms where people are moving about, he temperature should not be allow-We have heard something of this ed to rise above 65 degrees. In orditemperature should not be allowed to rise above 68 degrees and adequate

ventilation should be provided.

Living out of doors, especially sleeping out, gives the skin exercise, and further keeps fresh air in the It is one of the foremost methods of prevention against colds. Army men remark that so long as they are out of doors, even if exposed to bad weather, they almost never catch cold, but do so often as soon as they resume living in houses.

Long breaths taken slowly and rhythmically-say ten at a time and ten times a day are helpful. Constipation predisposes to colds, and should be vigorously combated by proper diet and exercise, and regular

habits of attention to the bowel func-

Overeating frequently leads to nasal congestion. Eat lightly, using little meat or other high protein foods approached, the Arab jumped up, such as white of eggs, and thoroughly masticate the food. Avoiding undue fatigue will help

greatly in preventing colds. not advisable. The mucous membrane patriotic community singing, has as of the nose is intolerant of watery solutions, and a chronic congested condition or even infection of air cavities in the skull can be brought about by the constant use of sprays and douches. Where special conditions render

a very gentle spray of a warm, weak solution of salt and water, in the anterior nostrils, may do no harm. Picking of the nose should be strictly avoided. This is a fertile cause of infection. In blowing the nose care should be taken to close one nostril completely and to blow through the ear passages or the cavities communicating with the nose and give rise to serious trouble. When suffering from a cold, gauze or cheese-cloth should be used instead of a handkerchief and burned after use. Sneeze into the gauze, and thus avoid spraying infection into the surrounding atmos-

fection, with local symptoms, as in EMERGENCY TREATMENT OF COLDS. After one has actually caught cold the rules above given for preventing a cold are in most particulars reversed. One should then avoid drafts, vaforms of bacteria are constantly present in the nasal secretions, but do not cause trouble until the local resist"skin gymnastics," The paradox, that exposure to drafts is preventive In many, the susceptibility to colds of colds, but is likely to add to the

Medical treatment by a physician

Among the most effective home purge, and rubbing the neck and chest After taking the bath, the patient ined, and of having any diseased condition of the mucous membrane or any move about and neutralize its good

A general neutral bath not above 100 or below 95 degrees is very restful to the skin nerves. They are not a very warm room and to dress quick-

air of the room should be kept as and music. In this paper we are naturally interested chiefly in the music. It is made as much the urally interested chiefly in the music. Such training for the skin may be from any chill, may help to get rid of secured by various means. One should one's cold, but on a damp, windy day

As to eating, it is sometimes wise Cold bathing, by those affected with water with agar-agar, or food which cold, you will have to starve a fever.

It should be added that whiskey and heavy doses of quinine are distinctly deleterious and should be avoided, as should all quack remedies and catarrh cures; there are more effective remedies which carry no possibilities of harm.

When one is getting over a cold it room without clothing-are also catching cold altogether, which for the average person can be substantially accomplished by following the above suggestions. The tax on one's above suggestions. time thus required is far less than the tax required by the colds themselves.

> Next week, what another celebrated physician says about "Catching

Arabs Pillage Both Armies.

The worst enemy of both Turks and British (in the advance on Bagdad) was the Arab, writes Arthur T. Clark in the New York Evening Post. The Arabs plundered both sides indiscriminately, and whenever a battle was fought the Arabs joined the winning side. At one time a suggestion was made that the Turks and British call off the war for a while and form a composite Anglo-Turk army to strafe the Arabs.

Arabs are inveterate thieves and they will risk anything to steal under difficulties. In fact, they prefer to steal where it is difficult rather than Two Arabs entered the tent next to mine at Omarra and, while one of them held a knife over the sergeant who occupied it, the other took everything he could lay his hands on. And they escaped, although that was in the middle of the camp.

The Australian wireless detachment at Omarra lost 31 rifles one night when their sentry went to sleep. Another time an Indian sentry challenged an Arab, who did not reply. The sentry shot at him and the Arab down. The sentry was curious seized his rifle and ran away. Another time Arabs stole 10 camels out of a camp that had blockhouses every 500 yards and sentries every The regular use of nasal douches is yards. By order, Arabs are shot on sight from the advanced base, north.

A Monologist.

"Would you call Mrs. Gowitt a good conversationalist?" "Yes and no. She makes you think