

I HAVE A RENDEZVOUS WITH DEATH.

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

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 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 academic interest, to musicians, for 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 youth...

Music must always have a profound influence on patriotism, and particularly when patriotism has been calling for sacrifice, for deeds of heroic daring. For music, whether we think of it as a succession of sounds as in harmony or melody, or as poetry, or as in architecture, sculpture or painting...

and the sound of its skirling brings to mind vivid pictures of the clans of Scotland and their redoubtable war-time prowess, as they fought their tribal battles in the mediaeval highlands, or just a few days ago went marching down Broadway, their plaided skirts aswirling, the same patriotic music piping, in the interests of recruiting for the British forces.

There are other national songs which have almost the prestige of anthems, two of them particularly, such as "Hail Columbia," "My Country 'Tis of Thee," "Columbia the Gem of the Ocean," and "The Battle Hymn of the Republic." Of these the one that lies closest to the hearts of us all is undoubtedly "America." The words are well-known, practically everyone sings them at any public gathering where this national hymn is used.

Music then which has done its bit in bringing such stupendous deeds of bravery and loyalty from the soldiery of all times and all nations, must be also a powerful agent in building up all classes in patriotism. And this has been borne out in the history of the various great nationalities of the world, more especially so during the past one hundred or one hundred and fifty years when the sense of national consciousness has been so wonderfully developed.

We come to an interesting question,—one concerning the national anthem about which we were just speaking. "The Star Spangled Banner" has an official standing which we give to no other patriotic song. In the army and navy and at all gatherings of official representative of the country or of her chosen rulers it has the pre-eminence. But thrilling as it is and with all the weight of the authority it has behind it at present, we must acknowledge that it does not have, among other patriotic selections of a similar nature, the undivided affection of our people.

SAVE BUTTER by not serving too much to each person. SERVE INDIVIDUAL PORTIONS. A pound makes 48 one-third ounce pieces. Hotels Have learned that there is the least waste from one-third ounce pieces.

words of the first stanza!—largely no doubt because there is little incentive to learn what it is so difficult to use after one has learned it. There are other national songs which have almost the prestige of anthems, two of them particularly, such as "Hail Columbia," "My Country 'Tis of Thee," "Columbia the Gem of the Ocean," and "The Battle Hymn of the Republic."

The hymn "America," we may remark in passing, as to its words has no objectionable stanzas or verses, as the third stanza of the "Star Spangled 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 blood-brothers of the British Isles.

"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."

Let love more fervent glow. As peaceful ages go. And strength yet stronger grow. Blessing the best. The hymn "America," we may remark in passing, as to its words has no objectionable stanzas or verses, as the third stanza of the "Star Spangled Banner" with its braggadocio references to our British enemies in the Revolutionary war.

Such training for the skin may be secured by various means. One should first accustom himself to a gentle draught. Cool bathing, to a point that produces a healthy reaction, is another important feature of skin training. Cold bathing, by those affected with kidney trouble, is not advisable, but delicate individuals, who cannot react well to the cold bath, can greatly increase their resistance by graduated cool bathing performed as follows:

Overheated rooms should also be avoided for the same reason. In rooms where people are moving about, the temperature should not be allowed to rise above 65 degrees. In ordinary offices or dwelling rooms, the temperature should not be allowed to rise above 68 degrees and adequate ventilation should be provided.

Health and Happiness "Mens sana in corpore sano"

"It may be well claimed that the care of individual and family health is the first and most patriotic duty of a citizen."—Ex-President Wm. Taft.

Number 30. AVOIDING COLDS.

Bacteria play a part in most colds. In some cases there is a general infection, with local symptoms, as in grippe; in others there is a local infection, with mixed classes of bacteria.

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, variable temperature and any severe "skin gymnastics."

Among the most effective home remedies for a cold are the hot-foot bath, 110-115 degrees F, a hot drink (e. g. hot flax-seed tea), a thorough purge, and rubbing the neck and chest with camphorated oil.

As to eating, it is sometimes wise to absolutely fast by skipping a meal or two, using nothing but water or water with agar-agar, or food which has bulk but little food value, such as green vegetables or fruit.

When one is getting over a cold it is a good time to resolve to avoid catching cold altogether, which for the average person can be substantially accomplished by following the above suggestions.

Arabs Pillage Both Armies. The worst enemy of both Turks and British (in the advance on Baghdad) was the Arab, writes Arthur T. Clark in the New York Evening Post.

A Monologist. "Would you call Mrs. Gowitz a good conversationalist?" "Yes and no. She makes you think of a lot of good things to say, but she talks so incessantly you don't get a chance to say them."

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After a cold has actually been contracted, the great effort should be to keep the body thoroughly warm, especially the feet. To accomplish this it is often the wisest course for one who has a cold to remain in bed a full day.

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