

## RELIEVED HIS MIND

Sumner Shaw Tells of His Defeat of Insomnia.

Possibly There Are Others Who Would Sleep More Peacefully if They Squared Up With Conscience, as He Did.

The schoolmaster, who with others was whiling away an hour in Squire Marr's office, complained that he had not been sleeping well lately. He dignified his trouble by calling it insomnia. As might have been expected, the squire had a specific.

"The thing to do," he said, "is to make your mind as near a blank as possible. When I find that my mind is disposed to work overtime, I resort to the old nursery jingle: 'The House That Jack Built.' I repeat it rather slowly from beginning to end, and go over it again and again. To me the rhythm is very soothing, and the pictures that the words call up are constantly changing, just as in dreams. Presently I begin to get a little tangled up, so that perhaps it will be the priest all shaven and shorn that milks the cow with the crumpled horn. It is not long after that before I drop into real slumber that lasts until I am awakened, may be, by the cock that crows in the morn."

"Did you ever try reckoning interest as a means of inducing sleep?" asked Sumner Shaw, the carriage maker.

"As a rule, I'm not much subject to insomnia," he went on. "But I got an inkling of what it is like when I was staying overnight at my nephew's in the city, four years ago, or so. They make long evenings, and it must have been close on to ten before I got off to bed.

"Remember that you don't have to get up at some unseemly hour, Uncle Sumner," says Susie. "We don't have breakfast until eight."

"Well, I dropped right off to sleep, same as usual; but when I woke up and turned on the electric light at the head of the bed, I found it was only three o'clock.

"Now, then," says I to myself, "I'll have to get another nap."

"But that was easier said than done. The harder I tried the wider awake I was. I guess it was insomnia, fast enough. Finally I got to thinking over my past life. Well, probably I'd done worse things in my life, but what I seemed to fasten on was a little business transaction with the Widow Wiggin. I sold her a sleigh at my own price; and the very next day I sold one just like it to Cap'n Gray, and he beat me down five dollars, and I made something at that. In the circumstances I felt as if it would be no more than fair to go to Mrs. Wiggin and make her the same discount. But you are apt to let such things go, and pretty soon she took sick and died. She had no immediate family, and the property went to distant connections out of the state. So I kind of let the thing slide, as being of no great consequence, anyway.

"But it loomed up big there in the dark, and at last I had to promise myself that if I lived to get home I'd get clear of that five dollars somehow. At that time a Belgian relief fund was being raised, and I concluded that it would please her as much as anything, if she could know it, to put down a subscription in memory of Mrs. Maria Wiggin.

"Having settled that, I felt easier, but not real sleepy, as it still seemed a long ways ahead to breakfast time. Then it occurred to me that about eighteen years' interest ought to go with that five dollars, and I fell to considering how much that would be. I am pretty good at figuring in my head, and I could have worked out the simple interest easily; but compound interest is another matter. However, I began casting it up, and I got as far as the fifth year. Then the next thing I knew Susie was singing out: 'Breakfast, Uncle Sumner!'

"So you see, reckoning interest got the better of insomnia that time. Mebbe, though, purging my conscience had something to do with it. You are welcome to both of these remedies, Mr. Jenkins," he added with a friendly wink. "In case the squire's doesn't work."—*YOUTH'S COMPANION.*

### A Rare Bird.

The white-headed stork, one of the most interesting and valuable possessions of the London Zoological society, is dead. It was a native of the Upper or White Nile, and so far as is known the only living specimen of this remarkable bird in Europe. As long ago as 1860 the then British vice consul at Khartoum—Mr. Petherick, himself an indefatigable naturalist—brought two specimens to London, and these were the first ever seen alive in Britain. After an interval of many years the present squire—Sir Reginald Wingate—presented to the society the specimen which has just died, and which was a familiar object in the vicinity of his palace at Khartoum. Visitors to the garden in Regent's park will recall the rather melancholy-looking bird in the aviary adjoining the southern entrance. For long periods it remained almost motionless, save for the twinkle of an extra mobile eye.

For high class Job Work come to the "Watchman" Office.

## STOOD FOR HUMAN LIBERTY

Jean Jacques Rousseau Had Right Conception of Conditions That Made for Freedom.

Prof. Kenneth Colegrove of Syracuse university declares that world democracy is the sole basis of world peace. Writing in the World's Work he says:

In the year 1713, when the ambassadors of the European powers were engaged at the congress of Utrecht in bringing to a close the War of the Spanish Succession, the Abbe de Saint-Pierre was writing the final pages of his little treatise called "Project for Perpetual Peace." He proposed confederation of the kings and princes of Europe, with a congress or diet of ambassadors where all disputes between the different states should be settled by arbitration, and where general rules should be adopted from time to time for the purpose of promoting the peace and welfare of each and every realm. Rousseau criticized the abbe's plan, declaring it contained one flaw, a flaw which vitiated the otherwise noble plan. He believed that a confederation of European states could never be formed so long as kings and princes ruled. For the essence of kingship was going else than the passion to extend its dominion without and its absolutism within; and no plan of confederation, Rousseau was convinced, would ever be able to quench the old fires of rivalry and despotism. But even if a general alliance of European monarchs were possible, it was manifestly impossible to guarantee princes against the revolt of their people unless at the same time subjects were given a guaranty against the tyranny of their rulers. In launching this latter criticism against the abbe's project the author of the "Social Contract" foresaw the contingency of the Holy Alliance of 1815, when the autocrats of Europe called the indivisible Trinity to witness that, as brothers of the same family, they would defend the doctrine of the divine right of kings against the contradiction of revolution wherever it should appear.

Yet more trenchant was the criticism of Voltaire. "The peace imagined by the Abbe de Saint-Pierre," said the philosopher of Ferney, "is a chimera which could no more subsist between princes than between elephants and rhinoceroses, or between wolves and dogs. Carnivorous animals rush to attack each other on all occasions." The "Project for Perpetual Peace," according to Voltaire, was not absurd in itself, but in the manner of its proposal. There would always be wars of ambition and conquest, until people learned that it was only a small number of generals and ministers who profited thereby.

### Name Mountain "Roosevelt."

Impressive ceremonies attended by many soldier and civilian friends of the former president will mark the dedication of Mount Theodore Roosevelt on July 4.

Shortly after the death of Colonel Roosevelt the pioneers of the Black Hills met at Deadwood, S. D., and decided to change the name of Sheep Mountain, near Deadwood, to Mount Theodore Roosevelt. Feeling that the spirit of Independence day typified the ideals of the late president it was decided to postpone the formal ceremony until then.

Invitations have been sent to scores of Colonel Roosevelt's friends by Col. Seth Bullock. Maj. Gen. Leonard Wood will deliver the dedicatory address. Gifford Pinchot, Secretary Lane and many other national figures will be present.

### Woman's Remarkable Feat.

The American flag and the British Jack flew side by side from the mast of a British warship for the first time in the history of the post of Brementon, Wash., when Mrs. Bertha Savage, an employe of the industrial division of the navy yard, on a dare, climbed to the top of the mast on H. M. S. Lancaster as she lay in dock and broke out the two ensigns.

Mrs. Savage, better known to the yard employes as "Montana Liz," has been at the yard for several months. She comes from the ranges in Montana and is well known for her cowboy attire and her picturesque vocabulary. Her feat in climbing to the top of the 139-foot mast was no mean accomplishment for a woman. The ship's crew watched the stunt with great interest and enthusiastically cheered the climber.

### Oxen Again Beasts of Burden.

The ox as a beast of burden is coming into its own again in the farming communities of the state, according to a dispatch from Lewiston, Me., and the oxling and apparatus used by blacksmiths in shoeing the animals, long ago thrown into the discard, is in use again. The sling consists of a rude frame of timber into which the animal is fastened by a pillory. Straps are then drawn under the body, the ends being made fast to upper timbers of the frame. In blacksmith shops 20 years ago the slings were common. Oxen are less expensive to feed than horses and are equally as useful on small farms, and the rising value of feed is having much to do with the comeback of the ox as a work animal.

### Experienced In Munition Making.

Llanely, Wales, did its bit in the matter of munitions long before the great war. At the beginning of the nineteenth century Mr. Raby, the great local ironworker, cast a large quantity of shot for the government. Earlier still, when Cromwell was besieging Pembroke castle, much of the shot were supplied from the Llanely district.

## Pershing Highway.

Indicating that General Pershing's name is much in demand for use in connection with highway transportation routes, a meeting for the tentative organization of the Pershing Highway Association was held March 7, at Lincoln, Neb., and Governor McKelvie, of Nebraska, presided at a meeting held at Lincoln, April 16, where the organization was perfected.

It is pointed out that the thought behind the organization of the Pershing Highway Association was to map a route connecting the cities in which the principal events in the General's life occurred, and at the same time to provide a direct transcontinental route from New York to San Francisco. The road touches 16 States and nine State capitals are connected with Washington—Sacramento, Carson City, Salt Lake City, Cheyenne, Lincoln, Springfield, Indianapolis, Columbus and Trenton. It includes parts of a number of established highways, such as the Old Trails route, Pike's Peak Ocean to Ocean Highway, Washington Highway, Waubonsie Trail, the S-Y-A. route and the cross-country Lincoln Highway.

—Veteran army officers declare horses and mules are indispensable in war. An adequate supply is vital to the military protection of any nation. Experience has shown the need of one horse or mule to every four men in service.

Help to reach all the parents of the country by cutting this out and passing it on to a friend.

## Too Wise.

"There's such a thing as being too wise," said a chief of police the other day. "Indeed, that is how we catch many thieves. They are too clever and it gives them away. They remind me of the new clerk in the seed store.

"Some one, just for a joke, asked for some sweet potato seeds. The clerk hunted all through the seeds but could find no sweet potato seeds and finally appealed to the boss.

"The latter explained that he was being kidded and cautioned him about not letting smart Alecks put anything over on him.

"A few days later a lady entered the store and asked for some birdseed.

"'Aw, go on,' grinned the clerk. 'You can't kid me. Birds is hatched from eggs.'—Los Angeles Times.

—A Western flock master says that the young ewes, and such ewes as are undersized and timid, should not be required to run with a large flock of vigorous ewes in winter. It will pay well to keep them by themselves. One quarter-pound of oats a day will help young ewes to develop and grow to a good size.

### Stated Financially.

"Edith is one of those girls whose interest in a man is governed by his wealth."

"I see; the greater the principal the greater the interest."

—Advertise in the "Watchman."

**\$3.00**  
Round Trip  
War Tax 24 cents additional

**WASHINGTON**  
The National Capital or

**BALTIMORE**  
The Monumental City

**Sunday, June 1**

Special Train Leaves BELLEFONTE, Saturday, May 31, at 10:30 P. M. Returning Leaves Washington, at 4:15; Baltimore [Union Station] 5:20 P. M.

See the U. S. Capitol, National Museum, Library of Congress, Washington Monument, Botanic Garden, Corcoran Art Gallery, and the varied sights of Washington, "The City Beautiful."

See Flyers Consult Agents

**PENNSYLVANIA R. R.**

**Have You One?**

The man who does not have a checking account in a good bank these days is not in it. We shall be glad to have you with us, for we have all the facilities for proper banking.

**The First National Bank.**  
61-46-17  
Bellefonte, Pa.

**Farmers—Gardeners—Truckers**

**The Man Who Is Content**

to go along year after year planting the same land and dribbling a little cheap fertilizer in the furrow, merely to get a little more out of the land than he puts in, is not farming at all. The man who is not improving the land is going backward. Land must be improved in cultivation or lose its fertility. Good Fertilizers will produce desired results. We have them for every use.

We aim to carry a full line of FIELD SEEDS!  
Our SEEDS are the BEST we can BUY.

SPRAYING MATERIAL for Every Pest and Blight as well as the spraying machinery with which to apply them. A Full Line of

**Agricultural Implements, Garden Tools, Etc.**

Special Feeds; Roofing Etc.  
Let us know your wants.

**Dubbs' Implement and Seed Store**  
62-47  
DUNLOP STREET, BELLEFONTE, PA.

Shoes. Shoes.

**Yeager's Shoe Store**

**Pumps and Oxfords**

\$5.00 \$6.00

Before you purchase your Low Shoes, call and see what we have to offer for \$5 and \$6. Patent Colt and Vici Kid Pumps, French heels with Aluminum heel plates.

Our \$6 Pumps and Oxfords we guarantee to be just as good as shoes can be made, nothing could be made of a better quality, hand sewed, long arch counters that keep them from spreading at the top.

We have many bargains to offer on all kinds of summer shoes.

**Call And See**

**Yeager's Shoe Store**

THE SHOE STORE FOR THE POOR MAN  
Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

**Lyon & Co. Lyon & Co.**

**Special Prices for May**

We expect to make this the banner month by reducing the prices on all wanted merchandise.

**COTTON and SILK Georgette Waists**

Voile Waists from 98c. to \$2.50.  
Tub Silk Waists now \$2.  
Georgette Crepe Waists \$5 to \$7.

**Wash Goods**

One lot of fine Plaid and Stripe Gingham, regular 55c. quality, while they last 25c.  
Light and dark 36-inch Percales, best brands only, 25c.  
Fine white Lawns, 50c. quality, while they last 25c.  
Silk and Cotton Crepe de Chine, 36-inch only, 50c.

**Dolmans Capes Coats Suits**

We never had as big a season in this department, and we are stronger than ever. We are replenishing every week.

**Rugs and Carpets**

All sizes in Rugs. Tapestry, Velvet, Wilton, Axminster and Rag Rugs—the best values and lowest prices. Rag and Ingrain Carpets at less than cost of manufacture.

**Shoes Shoes**

Men's, women's and children's Shoes at prices that will suit the moderate purse.

**Lyon & Co. 60-10-17 Lyon & Co.**