

**THE CHILDREN'S HOUR.**

By Henry Wadsworth Longfellow.

Between the dark and the daylight,  
When the night is beginning to lower,  
Comes a pause in the day's occupations,  
That is known as the Children's Hour.

I hear in the chamber above me  
The patter of little feet,  
The sound of a door that is opened,  
And voices soft and sweet.

From my study I see in the lamplight,  
Descending the broad hall stair,  
Grave Alice, and laughing Allegra,  
And Edith with golden hair.

A whisper, and then a silence:  
Yet I know by their merry eyes  
They are plotting and planning together  
To take me by surprise.

A sudden rush from the stairway,  
A sudden raid from the hall!  
By three doors left unguarded  
They enter my castle wall!

They climb up into my turret  
O'er the arms and back of my chair;  
If I try to escape, they surround me;  
They seem to be everywhere.

They almost devour me with kisses,  
Their arms about me entwine,  
Till I think of the Bishop of Bingen  
In his Mouse-Tower on the Rhine!

Do you think, O blue-eyed banditti,  
Because you have scaled the wall,  
Such an old mustache as I am  
Is not a match for you all!

I have you fast in my fortress,  
And will not let you depart,  
But put you down into the dungeon  
In the round-tower of my heart.

And there will I keep you forever,  
Yes, forever and a day,  
Till the walls shall crumble to ruin,  
And moulder in dust away!

**THE HUMORS OF SPRING.**

By Levi A. Miller.

Why the beginning of the year was placed in the midst of winter is a mystery that can probably be explained only on the hypothesis that January is the first of the spring months in the latitude where the autocrats lived who fixed it. This is rendered more probable by the fact that in the more northern latitude of Great Britain the year began on the 25th of March until after the compromise made in 1752. Owing to the great difference in climates it is impossible to fix on a date for the opening of the new year that would be appropriate for all parts of the world, or any considerable portion of it. It is not important whether spring comes at the beginning, middle, or end of the year, so it comes and so the people are ready for it. To the human family, as well as to the vegetable world, it is a most important season—in fact the most important of the whole year, so far as health is concerned.

The first thing a boy thinks of is to go fishing. This appears to be instinctive with him; therefore, it may be regarded as the proper thing to do. Not only do boys yearn for piscatorial sports, but middle-aged, and even gray haired men are unable to restrain the passion for angling, when the soft winds begin to blow and the flowers of spring are blooming. Their most enjoyable hours are passed along mountain streams, where coy trout do most abound. There is not only a deal of sport in fishing, but in point of recreation there is no other pastime that surpasses it, especially in the spring.

The ancients had a notion that all the ills and ailments peculiar to the human body or mind, were due to a humor. They could not define it, but it was a humor. It is not improbable that they got the idea from the effects of wine and poisonous fluids. From the fact that these produced certain specific effects they could reasonably conclude that other specific effects were produced in a like manner. They believed there were four specific humors in man, on the conditions and proportions of which depended his bodily and mental health.

These were blood, choler, phlegm, and melancholy. From this it is not difficult to see what is meant by a humorist—a person with a vitiated or distempered condition of the humors. Lord Bacon said: "By a wise, timorous inquisition the peccant humors and humorists must be discovered and purged or cut off; mercy in such a case in a King is true cruelty." They must have had some humorists in Bacon's time equal to those of our day to have had as wise a man as he was to say such harsh things of them.

It does not require very close observation to discover that the mind is affected in a marked degree by the condition of the body, and therefore it was quite natural to conclude that the temper, peculiarity of disposition, and the state of mind generally, depended upon the character of the fluids or humors of the body. Those who drank too much wine vitiated the fluids, thereby causing disagreeable effects to follow the state of exhalation. Excessive eating was supposed to vitiate the fluids in such a way as to induce gout and rheumatism. Fevers were a drying up of healthy humors, and discharging ulcers were nature's sluiceways for carrying off the superabundance of ill-conditioned humors.

While their notions are laughed at by physicians of the present day, it must be conceded that they were on the right track, and there is even a possibility that they were not so far off the true theory as some modern scientists may imagine. At least it is not in good taste to laugh at them. They were as right as they could be under the circumstances.

In early times it was the custom to give the body a regular spring cleaning. Beginning with the flow of sugar water; sassafras tea was substituted for coffee; then followed an occasional drink of an infusion of sarsaparilla, burdock, prickly ash or wild cucumber. These were often combined in the form of bitters, using whiskey instead of hot water to extract their virtues. In addition, white wal-

nut, Mayapple, black snakeroot, rattie root, blood root, poke root, and many others were used to meet special indications. When judiciously used, there is no doubt but these did a great deal of good in the way of cleansing the system of effete matter collected during the winter. The presence of this matter is the main cause of fevers and other affections peculiar to the spring and summer seasons. The method to get rid of them may have been somewhat crude, but it was based on common sense and answered the purpose.

Every person feels more or less languid in the spring, unless in perfect health, which is attributed to the increasing of the heat of the sun. That is a mistake. Solar heat is a powerful vitalizing agent and will produce the very opposite of languidness in the body if in a healthy condition. The languidness is probably due, as the ancients believed, to the presence of vitiated humors or fluids, which exert a depressing influence to the nervous system. As the solar energy increases and the elements which have been lying dormant during the winter months are being roused into activity, a great change takes place, and one that should by all means be encouraged.

Sufficient exercise in the open air to produce free but not copious perspiration, is one of the most efficient means of freeing the system of effete or poisonous matter. This is really an air bath, and as such is more effective in the elimination of many deleterious substances than the water or vapor bath. The exercise dislodges the particles and they are carried out with the escaping fluids. These principles are embodied in the Turkish and Russian bath, but are not so well adapted to the purpose as when applied in the manner prescribed by nature.

To insure good health during the summer, advantage should be taken of the opportunities afforded by nature to cleanse, repair and strengthen the body. By so doing the heat of mid-summer will be neither oppressive nor debilitating, consequently the liability to disease, either contagious or otherwise, will be greatly lessened, while life will be rendered more enjoyable, and the mind more vigorous.

There is nothing that conduces more to freshness of complexion, brightness of the eyes, fullness and strength of body, and the perfect elimination of all vitiated fluids. If our women could be made to realize this fully, and to act accordingly, there would be fewer fallow, languid and scrawny ones to be seen.

Flushed by the spirit of genial year,  
Now from the virgins' cheek a fresher bloom

Shoots, less and less, the live communion

round;

Her lips blush deeper sweets, she breathes

of youth

The shining moisture swells in her eyes

In brighter flow; her wishing bosom heaves

With palpitations wild; kind tumults seize

Her veins, and all her yielding soul is love.

—Thomson.

There is too much dependence placed in the efficacy of pills, potions and powders and not enough in the means of health prescribed by nature. Those who feel languid and dull prefer taking quinine, or bitters, to indulging in exercise which induces perspiration and good, sound sleep. Iron is a more convenient appetizer than an air bath and a restricted dietary, and alcoholic stimulants a more agreeable means of supplying vital force than those embodied in the original plan. While these may seem to answer the purpose, and may do so for the time being, they are delusive and wholly untrustworthy. When they appear to be adding to the stock of vital energy they are really consuming it, or at least impairing the agencies through which it is generated.

The common ingredients of health  
And long life, are  
Great temperance, open air,  
Easy labor, little care.

—Sir P. Sydney.

**Talks to Genealogists of President's Names.**

Washington was the first and only President of the United States with the given name of George, and there was only one each of the name of Martin, Stephen, Theodore, Ulysses, Zachary, Benjamin and Abraham, said Charles P. Keith at the annual meeting of the Genealogical Society of Pennsylvania, held recently in the rooms of the Historical Society. He spoke on "Given Names Formerly in Common Use."

President Harding, with the name of Warren G., is also unique, as no other chief magistrate bore that name. The speaker traced it etymologically, to the German "waran," a guardian. Martin Van Buren was named after the Bishop of Tours, he said, and Theodore, while not a Biblical name, was borne by a number of saints. The "Stephen" in the list applies to Grover Cleveland, whose full name was Stephen Grover. The name "Woodrow" was not mentioned, former President Wilson's given name being Thomas.

Rutherford and Franklin were not counted as given names, and he could trace only three Presidential names to the Old Testament: Zachary, Benjamin and Abraham.

**Women in Public Place.**

Fifty thousand women are engaged in public administrative affairs throughout the United States as officials of the governments of States, counties, cities and the nation, according to data of federal officials. Women are acting as mayors, judges, inspectors, members of school boards and serving on boards and commissions. Many hold high administrative offices. Thousands are filling elective offices. All occupy positions of trust and responsibility, in which they exercise command over at least 10,000 other persons, it is estimated.

—Many who couldn't stand a square deal are now standing around.

**MOSUL NEAR NINEVEH'S SITE**

Ancient City on the Tigris Practically Built on the Ruins of Famous Metropolis.

Will the next war be waged on the site of ancient Nineveh? Mosul, on the bank of the Tigris, overlooks the mounds of that ancient city. Mosul means oil. England and Turkey seem to have come to grips over Mosul.

At the crossroads of caravan routes from everywhere—Aleppo, Bagdad and Persia, the leaning minaret of Mosul has seen that city wax and wane. It may rise from its ruins of white limestone and become a great city again. For it is the capital of the province in which are oil fields that compare with the richest in the world.

It will not be the first time that the city by the Tigris has come back after being counted out. Nineveh shone for 2,000 years. When it gave up the ghost Mosul, a lusty infant, sprang from the southern suburbs and flourished.

It weathered the storms of many wars. Tamerlane pillaged it. Saladin beat against its walls but failed to subdue the city. It rose to its height in the Twelfth century, when it became an independent capital. The vilayet of Mosul, over which the Turks and British battled in conference, includes 29,000 square miles lying mostly east of the Tigris.

**ALWAYS MEN FOR THE AGE**

There When Needed, Whether Born in Log Cabin or Towering Apartment in Big City.

Future Presidents of the United States will be born in apartment houses, and a fond people will have to hallow and bronze-tablet a fourteen-story skyscraper. It will be its own lofty monument.

Long ago we passed the log-cabin stage of historic shrines. The log cabins have been exhausted. Our largest crop of heroes now comes largely from the two-story brick house—Theodore from one of three stories.

But the apartment house is bound to make its way as a cradle for immortals, regardless of the rather severe restrictions against families, large or small. The future great, born in one of these towering hives, will, even at their birth, triumph over the trammels of restrictive regulation of tenement families.

Lowly beginnings seem no longer necessary for genius. There should be no reason why statesmen, scholars, poets and scientists should not make their advent nine stories up. None of the artificialities of our modern civilization will interrupt the gifts of a be-

nign Providence that has never ceased to produce the man for the age.—St. Louis Globe-Democrat.

**Improved Disinfectant Soap.**

Austria reports a new development in the manufacture of disinfectant soaps, which it is claimed has proved a decided success. The disinfectant used is lactate of silver and a very small amount produces remarkable results. The soap has been used in hospitals for general washing purposes, for sterilizing instruments (it does not contain any corrosive ingredients and hence can be safely used for this purpose), disinfecting clothes, rubber gloves, etc. There are several uses for the new soap in cosmetics. The soap is made by dissolving one part of the silver lactate in fifteen parts of water and then adding enough agaragar, or carrageen moss, to make a jelly. The mixture is then added to the regular soap batch, and the resulting product can be made into solid, paste or liquid. In the solid form it can be used for toilet or laundry purposes. In the paste form it is usable as a dentifrice. In liquid form it may be used as a gargle and mouth wash.—Exchange.

**Automatic Steering Gear.**

The first American passenger ship to be equipped with automatic steering gear, recently completed a successful return voyage to the West Indies, under the guidance of this apparatus. The instrument, says Popular Mechanics Magazine, consists of a gyroscopic compass arranged to open and close an electric circuit controlling the stopping and starting of the rudder-operating mechanism. The instrument is capable of being set for response to different amounts of deviation from course, one case being noted where the departure from the true course was set as close as one-sixth of a degree.

**Ptolemy Speaks From the Past.**

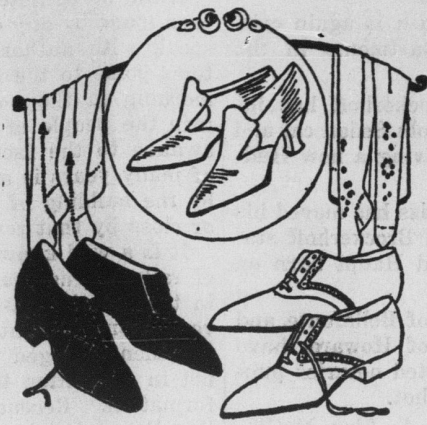
At Thebes, the ancient capital of upper Egypt, archeologists from Pennsylvania university have found demotic, or common language, papyri that fill a gap in history from B. C. 300 to 240. This period includes the reign of Ptolemy Philadelphus, who was so successful in levying heavy taxes with a minimum of injury and dissatisfaction. As the manuscripts deal mainly with financial affairs, our own Ptolemies may perhaps learn from them how to create in us a nation of cheerful givers.—Scientific American.

**More Like Extraction.**

Maude—Sarah has taken up commercial art.  
Molly—Indeed! And what does she draw?  
Maude—Her husband's salary.

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Shoes.



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