

Democratic Watchman

Bellefonte, Pa., November 9, 1923.

A CENTRE COUNTIAN'S VIEW OF DAVID LLOYD GEORGE.

Philadelphia, Oct. 30, 1923. Editor Democratic Watchman.

Today the Welsh were vociferous. It was their great greeting to the Big Little Welshman, David Lloyd George who came to visit and not promote any selfish propaganda. In this, his visit was sharply contrasted with all the visits beginning with Clemenceau the French Tiger; Lord Bobs Cecil, the Cassius with the "lean and hungry look," and all the "kit and caboodle" who came here to draw your tall and bony Uncle Sam into the meshes of the European diplomacy. All honor to the little big Britisher with the flowing silvery locks!

In his address here he eclipsed the farewell address of Washington, the prayer of Jefferson for democracy, real true in quality, not the tin-foil officially stamped kind that has submerged this great nation of polyglot humans!

Lloyd George is a typical Briton of the unconquerable kind that two thousand years ago confronted Caesar, the world's great butcher of humanity. After Caesar had passed in his checks, others invaded Briton and drove the Cambrians into the mountains which became Wales and history informs us those democratic freemen were never conquered. Behind their mountain walls they cherished freedom in the gardens of the Gods unafraid. So, if Lloyd George were an American citizen, a Democrat he would be.

We are now near a city election. The Democrats have found a handsome candidate for Mayor, whose name is Raff. If all his kind of men would vote for him, he might cut quite a swath. But will they? No; they will not. They are wedded to the same money-god that made the children of Israel wanderers throughout the whole world and persecuted because they had the money. It is a pity that so brilliant a man as Herr Raff should be tempted to lead a forlorn hope in this bedlam.

At "Tenth and Walnut" they still retain a kind recollection of the "Watchman" and its stalwart founder. The young secretary and caretaker for the Penthesilian end of the hopeful "minority" inquired about the "Watchman" and its present force, with an affectionate regard for its splendid service in the past.

Unfortunately, all the "married men," who used to "chip in" have passed over into Nirvana—and those who once aimed to add their names to the eternal head-roll of fame, have succumbed to the temporal bread-roll of stigmatize-it-as-you-will!

Just to think of it! As one of them said to me when approached on the subject of State policy: "I am out of politics—trying to make a living for my family!" Such are the men that the Republican leaders seduce and reward in their families.

Have you noticed that the Record takes sides, editorially with Gob Pinchot against Three Million Dollar Mellon! It says: "More power to Pinchot!" And so can we all say: "More power to Pinchot's right arm punch!" He represents the law. The law's the law and must be respected. That is good old Andrew Jackson Democracy. The two men, old Andrew and Gifford are not much unlike: Tall, bony, angular, nervous, sanguine temperaments! Both were heroic in their attachment to their wives. As Alfred Henry Lewis in his great heroic "When Men Grew Tall" tells us, an insult hurled at Mrs. Jackson by Dead Shot Dickinson cost him his life. Whether we agree with Pinchot or not, and many do not, we can have some satisfaction in watching that strong right arm.

W. R. B.

JACKSONVILLE.

Miss Mary Kessinger, of Howard, was a Sunday guest at the Ertley home.

Miss Jennie Glossner is spending a short vacation with friends in and about Bellwood.

The sick in this community have all recovered to the extent that they are again able to be around.

John Holmes and family moved to Lock Haven last week, where they will make their future home.

Mrs. Mary Deitz and daughter Josephine spent several days last week with friends in Flemington.

Owing to ill health C. E. Aley has rented his blacksmith shop in Jacksonville to an expert smithy who will look after the trade in the future.

Friends of Mrs. E. R. Lucas sympathize with her in the death of her

HAMBONE'S MEDITATIONS

WHEN A POLITICIAN WANT A JOB HE GITS OUT EN HUSTLES ROUN' BUT ATTER HE LAN' IT, HE GITS OUT EN LOAFS ROUN'!



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PHILOSOPHIES OF LIFE.

By L. A. Miller.

Men and women, old and young, associated together constitute society. The older ones exchange ideas and the youthful ones, in imitation of their elders, fall in love, marry and raise families; hence society is the great bulwark, indeed the protection of the home.

The girls are surrounded by the best influences and shielded from harm; the boys are given the benefit of the companionship of those whose natures are gentle and kind, and whose example tends to soften the roughness of the average boy, who is after all, only an animal in the first stages of his life. He likes rough play and would rather climb trees, hunt, go swimming, fish and play ball than sit in the parlor and talk to visitors. This is all right, for athletics develop and strengthen the body, but a boy can be an athlete and a little gentleman at the same time.

CHARLES P. STEINMETZ LED SIMPLE LIFE.

Cooking his own meals, doing his own housework, living in Spartan-like simplicity, the man whom the electrical world called "master" and who was chief consulting engineer of the General Electric company up to the time of his death, set an example in natural living for America generally at his summer camp along the Mohawk river, just outside of Schenectady, N. Y.

A day in the camp of Charles P. Steinmetz was like a day taken from the life of one of the great philosophers of ancient Greece. He went out of doors in the summer because he wanted to be out of doors. To go out and then put something between one's self and the thing one wishes to attain is foolishness he believed, so he interposed no obstacles between Charles Steinmetz and his friend, Dame Nature.

As a result there was not a single luxury in the plain camp he built 25 years ago—first one room and then another and another as the years went by, until it was finally a rambling four-roomed affair.

There were no carpets on the floors, no pictures on the bare wooden walls. The man whose salary would have permitted him to have any desire of his heart, got along with three simple cots, a swing bed, a rough work table, an alcohol stove of generous size, some old chairs, an eating table and a big cupboard.

Billy and Joe Hayden, of Schenectady, sons of J. LeRoy Hayden, the adopted son of Steinmetz, lived with him at the camp throughout the summer. It was a loosely knit establishment in which every one did something for the common good and no one was fussy.

Dr. Steinmetz retired at 9 o'clock every night and was an early riser, out and around usually before the boys got up. He cooked breakfast on the alcohol stove, just as he did all the rest of the meals.

He was a champion pancake maker and got as much fun out of flapping a flapjack as he did turning an algebraic formula into something that meant electrically less steps for millions of persons. He baked them big and round, one at a time, and enjoyed eating them as much as he did making them.

After breakfast he went to his work. If the day was rainy he worked inside at the rough table he made for the purpose long ago, but at all other times he went to his office on the Mohawk.

Probably there was no other office like it in all the world—a battered 12 foot tippy canoe with a cushion in the bottom and four floor boards laid together from gunwale to gunwale, thwartwise to serve as a desk.

When he went down to the river to work he carried his papers under his arm, with them Hutchinson's volume of four place tales, and a little Nabisco box wherein he kept his pencils.

Depositing these in his canoe he pushed off from shore, gave a few vigorous strokes with his copper-bottomed double paddle and prepared for the morning's work.

He laid the four boards together carefully, and with precision placed his papers on them, each pile weighted down by one of an assortment of pebbles carried in the bottom of the canoe. If the day was too warm he slipped off his shirt and putting it in the bottom of the canoe, worked in his undershirt.

BREAKFAST OF TODAY SIMPLE

Yale Professor Tells Students Habits Have Radically Changed in Recent Years.

Food fads are as common as clothing fads, according to Dr. Lafayette B. Mendel, professor of chemistry at Yale, who lectured at the University of Washington recently.

Habits, not fundamental principles, have undergone radical changes within ten years, he said. The breakfast once demanded comprised cereal, pork chops, eggs or steak (occasionally two of these protein foods), hot bread, coffee, flapjacks and sometimes pie or cake. Today's morning meal, Doctor Mendel pointed out, begins with fruit, rings many changes on cereals, counts hard toast especially beneficial if made from entire wheat, substitutes a cod-dled, soft-boiled or poached egg for the one-time fried product, and ends more often than not with milk or cocoa.

Professor Mendel attributed some of these changes to altered economic conditions, and improved methods of food transportation and preservation. Most important, he explained, are changes in views as to what constitutes food. He said that animal husbandry experiments conducted in this country 12 years ago have been vital influences in the study of human nutrition. In other words, balanced rations for cows, hogs and chickens preceded knowledge of proper foods for human beings.

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But when the coltish days are past and the youth goes to college he should be rid of all traces of boorishness. The young folks grow up to take the places of their elders, who pass from the activities of life to the restfulness of the beyond, and when they come into full possession of their inheritances, they realize that they have missed if their manners are not such as to entitle them to places in society once occupied by their fathers and mothers. Then they feel the humiliation and chagrin which accompanies the knowledge that they are not fit to move in those circles where refinement, culture and good breeding reign; they feel themselves awkward and in the wrong sphere, and not only deserve the contempt with which they are regarded by those with whom they would like to associate, but they cannot help feeling a contempt for themselves. It is then, perhaps, too late, for opportunity, it is said, never knocks twice at the door of any man or woman.

Of all kinds of exercise, walking is that most universally attainable, and, at the same time, the best, calling, as it does, many muscles into action, and especially those of the lower extremities, of which the circulation is apt to be more languidly and imperfectly performed, from the degree of resistance presented by the force of gravity to the return of blood to the heart, calling, moreover, too much of the moving apparatus of the body into reciprocal and balanced action.

Walking is undoubtedly the best of all exercises for the purpose of health, independently of its secondary, and by no means little useful effects of carrying the respiratory organs into the freer and purer air, and exposing the system to the extraordinary healthful influence of the direct rays of the sun, moderate exercise in the open air, for the purpose of assisting the various secretions, is another essential requisite for the production and maintenance of good health. None can neglect this rule with impunity.

The greatness of the American Republic, its achievements in art and science and its ceaseless interest in the cause of human freedom, are mainly due to the influence of our public schools, as are also the steadfast patriotism and the bravery of its sons and daughters.

The capacities of Shakespeare are unbounded, with sympathies as wide as creation and sensibility as deep as the ocean and susceptible to all objects of universal nature becomes its painter and his dramatist and reveals the heart of man for all time to its fellows. As we turn over his pages we seem not to be conversing with an individual mind or to come in contact with an individual character. The works of a God seem to be before us, but they are so varied, and all so perfect that they seem to give us no trace of their parent. The creator of this rich and boundless world of literature is lost in his work; we cannot trace him; we cannot detect the personality of him, who holds the glass up to nature's face and reveals her as she is. Mimic and painter of universal nature he paints all character with equal truth and seemingly with equal relish. The equal of Shakespeare has not up to this time materialized.

OAK HALL.

Jonathan Tressler transacted business at the county seat on Monday.

Mr. and Mrs. George Ralston, of near Centre Hall, were visitors at the Etters home on Main street.

James Williams and son Karl, of Millbrook, were Sunday visitors at the Mrs. Mary Houser home, in this place.

Adam Rhodes recently purchased the property of Samuel Reitz and concrete templates moving from the Etters property this week.

Mrs. Benner Walker and Mr. and Mrs. Kearny Walker were recent callers at the Bellefonte hospital, to see Mr. Walker, who is in a somewhat serious condition.

Quite a large percentage of the parents and children of the Oak Hall school attended the Parent Teacher meeting in the Lemont school house, Friday evening. All reported a very pleasant evening.

Mrs. Thomas Gramley, of Altoona, spent several days the past week at the home of her daughter, Mrs. R. C. Lowder. She returned home Sunday with Mr. and Mrs. John Gramley and sons, who were callers at this place for a short time.

Real Estate Transfers.

Elizabeth H. Meyers, et bar, to Francis Melhuish, tract in State College; \$2,500.

Frances Bates Knoche, et al, to Elizabeth Meyers, tract in State College; \$5,000.

Elias Breon, et ux, to John W. Neese, et ux, tract in Spring township; \$100.

D. L. Zerby, Exr., to Alfred F. Kreamer, et ux, tract in Millheim; \$500.

Nancy C. Hoffman, et bar, et al, to Annie M. Williams, tract in Port Matilda; \$1,070.

Pennsylvania Match Co. to Federal

Match Corp., tract in Bellefonte; \$436,100.

William Groh Runkle, Admr., to S. A. Bierly, tract in Smulton; \$480.

Margaret Stine, et bar, to Lewis Swartz Jr., tract in Rush township; \$100.

Lewis Swartz Jr., et ux, to Elizabeth Dinsmore, tract in Rush township; \$70.

J. W. Granville to J. D. Ammerman, tract in Phillipsburg; \$3,200.

Thomas G. Ingram to George W. Ingram, tract in Union township; \$50.

Frank Ingram, et ux, to George W. Ingram, tract in Union township; \$1.

Hoops M. Ingram to George W. Ingram, tract in Union township; \$1.

Thomas S. Ingram's Exrs., to Geo. W. Holt, et al, tract in Union township; \$3,800.

Charles Smith to Perry Smith, tract in Haines township; \$5,500.

Mary O. C. Moyer, et ux, to Joseph E. Confer, tract in Potter township; \$1,600.

Bellefonte Cemetery Association to Annie D. Newcomer, tract in Bellefonte; \$50.

Agnes S. Rote, et bar, to W. A. Neese, tract in Spring Mills; \$1,900.

Emanuel H. Crader, et ux, to Lewis

A. Crader, tract in Gregg township; \$850.

Anthony Barnoski, et ux, to Edward Cravish, et ux, tract in Rush township; \$1,750.

Mina R. Goheen to William Urban, tract in Taylor township; \$350.

Arthur S. Wasson, et ux, to John A. Bohn, tract in College township; \$800.

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