

For some time I have been promising tell you something about scrofuls, and Mandular swellings in the neck which are frequently of a scrofulous nature. I wonder how many of you know that the word scrots, which is the origin of the word scrofula, means sow, and that the true meaning of acrofula is sow dis-

Is is supposed to originate in the use of pork for food, and my observations mre that when persons of a screfulous nature or tendency use pork freely, they are made much worse, while leaving pork and pork products entirely out of their dist seems to be very beneficial.

In considering this disease, the first moint to which attention should be called n found in the idea that so persistently bouncets this malady with the blood, as if that were its chief source. It is this hies that leads patients to swallow so many fancied remedies with a view toward purifying, in some way, the circulinting stream. I cannot too often point sut the truth that this same blood that is found in the gland swollen with scrofulows matter is passing through ever so many other glands, in such a way as to create and maintain perfectly healthy

On the nack, especially under the chin, pou see an enlarged gland. Well, there is blood passing into that gland, and from it also, and the same blood is passing to and from many other glands. They are not swelling, nor are they showing any sign of anything at all being wrong with them. How, then, can one ascribe the tumefaction to the blood, when it is causing no swelling **abowhere?**

Then another point to be discussed is the impression that the vital force of the mervous system generally, and of these glands narticularly, requires to be reseced. Acting upon this thought, bromide of potassium internally, and Sodine externally, are used with destructive effect.

By this false notion both the blood and the nerve substance are terribly injured. There is a little hard lump in that neck; well, bromide of potassium 🖮 "liquefacient," so say our best authorities. Why not, then, give it to liquely this swelling? Indina has something of the same effect on the outside as bromide has within. Why not use this also? The meply is of vital moment. Both of these drugs destroy nerve matter, and do so more rapidly when that substance is in a state of health than when diseased Tou can easily see that with the jodine, for the skin soon gives way under the mainting, and if it is long continued the whole system of the patient is undermined.

It is also an erroneous idea which "meads to the lancing of such a swelling." and the attempt to extract the matter which has collected in the gland does more barm than good. It is utterly ununlied for, as the pus, if any, can all be sbeorbed and eliminated without any

piercing at all. To form a good clear idea of what is wanted, it is necessary to investigate and determine how all the various substances which form the body are carried and distributed. It is found that it'll by passing through the sides of vessels in which the blood is carried all over the body. A giand is just a peculiarly constructed tissue into which the blood enters that "a special substance may be extracted. from it. For an easy example, take the malivary gland. The blood passes into in order that the saliva may be exgracted. The saliva passes through the sides of the capitlaries and the blood is retained and goes on to its work else-

1 Now let us counider the little glandunder the chin which has become awoilen and hard. The gland has properly performed its function, say, for nine years (if that is the age of the child), but somehow it has lost the power of elim**inating a special** substance, and that material thickens and accumulates and swells it. If the process goes on other glands become involved and enlarge and harden also. If reducing treatment of any kind is applied to the neck, it is easy to see how bad the result must be. Now for the remedy. The membranous substance of the whole body must be exafted to vicorous action-the healthy more than the unbesithy parts, and at the same time an element which is lacking must be supplied in the form of tissme or cell saits. Dr. Schuessier's dismovery of the cell salts in attenuated doses is especially valuable in scrofula. They can usually be secured at any homeopathic drug store in tablet form and, wheh properly selected soon show their powerful and beneficial effects.

Merely poulticing the little swelling in the neck will do little, if any, good. A mimulating rubbing, or, better still. skillful manipulation over the whole Body once a day, would be the chief thing. Prof. Kirk says of this rubbing: " had lately handed to me a specimen of what to me is a new, but very desira-Ale, substance for this purpose. It is the all of mustard seed. I have been accussomed to use cayenne in decoction, and I cannot say that it has failed; but this mew oil is so gentle and beautiful that dare say it will be popular, if once it has a fair trial." If the whole body is rabbed over with a stimulant like this, er, better still, a vegetable liquid remsedy of which I have so often told you, for a quarter of an bour, once a day, just enough to make the application delightsful, the whole vital system will be improved. This of itself would be a long step toward a cure.

Light food taken frequently, and in mather small quantities, in such troubles, is better than hearty meals. But no one

will expect a cure in such cases as these if indulging in indigestibles. I hardly meed say that only moderate labor should be performed. When there is such delicacy of constitution as this trouble implies it is impossible to cure, or even to save life, if over-pressure of work is required. The vital force is not, in reality, sufficient for even light labor. and it is irrational to expect a cure if that force is drawn upon and drained away in excessive toil. The child at school, or the young person at labor, both compelled to work beyond their strength, cannot, while doing so, be restored to health. Many cases have entirely baffled all efforts until the pressure of work was lessened, when, after a rest, a cure was son affected.

CLUB NOTES.

Washington,-Dr. David H. Reeder, Laporte, Ind. Dear Sir: - Can you please tall me the right name of the inclosed herb? The natives call it swamp tes, that is the Siwash Indians. In pioneer times the whites used it as a tea also. They claim it is good for kidney trouble, either to steep as tea or to eat the leaves raw. Would be pleased to hear from you in regard to the right name of the herb, and if it has any commercial value. Yours respectfully, Mrs.

The sample submitted was something with which I was not familiar, and I therefore sent it to Parke, Davis & Co., of Detroit, Mich., with a request to have it classified. The substance of their reply is as follows:

"We beg to report that the sample of leaves submitted for examination proves to be Ledum laterifolium or Lab-

"This drug is of little interest to us. and. in fact, we believe it is used in medicine only to a very small extent. What little we require for special purposes we are in the habit of buying in New York at a price of about 25 or 39 cents per pound. However, as possibly you know, we do not list the drug in any form in our price

Ashkum.--Dr. David H. Reeder, Laporte, Ind. Dear Sir: -- I would like to ask you a few questions regarding my health and would be very thankful for any suggestion which you can give me. First I have been subject to taking cold easily and have had a cough for the last 20 years. Last May I was taken seriously iii. My physician said I had tuberculosis of the right lung. It was blocked to the third rib. However, I got over that attack, and have not coughed

any since July. But for the last six weeks my throat or tonsile feel thick and swollen. I believe this has caused my ears to discharge at times, and also caused me to be slightly hard of hearing. Also seems to make me short of breath when at work. What is the cause of this trouble? Second-About ten days ago, I was taken with a very sharp pain under my

left shoulder and in the region of the heart. At times it was so severe that I could hardly stand it. I am still troubled with it to a slight degree. I have been troubled with this pain at different times for the last 20 years. What can be done to relieve the pain?

Third-I have a metallic taste in my mouth all the time during the last ten days . I have been drinking one teacupful of milk daily all summer at meal times. Do you think it is due to this? My, temperature is below normal. It runs from 9714 to 9814. Do you think my lung will eliminate the tubercular matter if I keep well? The right side of my chest is considerably flatter than the left. Sometimes I get little blisters on my chest or on my right ear, which stay about a week, then dry up and disappear. I read your lectures with great interest and would be thankful for any advice which you may give. Respectfully yours, J. W. W.

The description which you have given of your case indicates that you are afflicted with phthisis, but that it has not progressed to such an extent but what you can probably overcome the disease by a removal to the proper climate and careful diet and exercise. Without more definite information, it is difficult for me to tell to what the metallic taste in your mouth is due. It might possibly be attributed to some medicine which you have been taking.

You should also use the vegetable remedy, of which I have written you in a private letter, which would build you up generally and aid in throwing off the poleonous matter.

There is a series of lectures upon the subject of Consumption in its various stages given in Volume Two of the Home Health Club Books. These letters have been published in the papers and then in book form. I think you would be wise to procure it and read it carefully.

All communications for the Home Health Club should be addressed to Dr. David H. Reeder, Laporte, Ind., and contain name and address in full and at least four cents in postage.

To Bemove Moles.

Moles or brown spots may be caused by a condition of the system when the liver does not do its work properly. Sometimes, however, they are merely a skip difficulty. A lotion that is recommended for removing them is 60 grains of salicylic acid with four ounces of bay rum. Apply night and morning with a soft rioth or sponge over the spot. It will make a redness that should be relieved by the use of gyrerine or starch. Est simple food, attend to it that the liver acts regularly and, if possible, exercise much out of doors.-Chicago Daily News.

Waiting for a Pairy Tale. Little Clara-Mother, tell me a fairy

Mrs. Gayboy (glancing at the clock)-Wait until your father comes home, and he will tell us both one.-Modern SoMINING BLACK DIAMONDS.

Primitive Process Employed by the Matives of Brazil in the Work.

The black diamond is an important article of commerce, not because it is destined to embellish the hand of feminine grace, but because of the fact that it has been widely applied in industry. where it is almost as valuable as its white fellow. The home of the black diamond is Brasil, the classic land of the diamond, the richest bads of the mineral having been found in the province of Bahia and on the banks and in the beds of the Sao Jose river.

The stone, which is perfectly opaque, is not beautiful, and if the magical word diamond had never been applied to the aubetance there is no doubt that to this day the black diamond would be a thing unknown. However, the favor which this mineral enjoys is of recent date, for 20 years ago its properties were unknown, and the trade in the stone was practically nothing.

The constantly increasing perfection of boring instruments brought out the value of the black diamond, the use of diamond point drills now having become so general that the price of the mineral has in consequence rapidly increased. To-day the diamond has become of prime necessity in working tempered metals, sawing of marble, piercing of tunnels and galleries and in mines.

At the time of the inauguration of the laboratory of arts and trades in July, 1903, a circular saw provided with diamond points produced surprising results, cutting into thin slices the hardest materials. On the banks of the Sao Jose are found the traces of the first exploration of the mines by the natives, the Garimperos.

The black diamond, however, having no commercial value, did not attract these people, and they were apparently ignorant of the real character of the mineral. From the report of an engineer who explored the region in 1858 we learn that one day the diamond diggers discovered a black stone in the Jose. They took the stope to one of their huts and sought to discover its nature by attempting to crack it. All their efforts were fruitiess, the stone resisting the most powerful hammers, and after a time it was thrown back into the river. The stone weighed about 10,-000 karats, and at the present price of

\$40 a karat, represents a loss of \$400,000. The exploitation of the Brazilian dismond mines by the Garimperos, it is unnecessary to say, was not scientific. The orevices of the rocks are explored with the hand, the gravel being taken away in little barrels which are carried on the head. Attempts have been made to lessen the time of the work by diving for the mineral, but the violence of the stream is such during the rainy season that this plan has been but Httle

The only method which will produce results, and the one which will shortly be put in operation, is that of draining. Dams will be erected 300 feet apart and the centrifugal pumps will be installed for the purpose of drawing off the water. The result of the work cannot be a question of doubt. judging from the past performance of these diamond mines.

TIMBER RESOURCES FAILING

Forests of the United States Are Being Rapidly Thinned Out by Lumbermen.

Across the great lakes in Canada there lies one of the world's largest reserves of timber. In spite of the tariff imposed much of this timber is to-day coming to the United States. The forests of the dominion are beginning to yield abundantly. More than 100,000,000 feet of pine sawlogs and square timber, during a recent season. were cut upon territory held under timber license from the crown.

Much of Canada's timber land has not yet even been explored. In the newly developed district of Algoria. which is close to the great lakes, it is estimated that there are more than 100,000,000 cords of spruce and pulp wood, while in the districts of Thunder bay and Rainy river there are nearly 200,000,000 cords more. A beit at least 3,000 miles long is believed to exist in Canada between Alaska and the Atlantic.

It has been estimated that, at the present rate of cutting, the greatest timber resources of the United States -those of the Pacific coast-will be exhausted in less than half a century. The annual cut of shingles and lumber in these regions is 4,500,000,000 feet. The standing timber in Washington,-Oregon and northern California at present is twice that of the original timber lands of the northern woods. Washington produces about as many feet of shingles and other lumber as Oregon and California together. This state is noted for its shingles, there being more than 1,000 shingle mills within its borders. At Tucoma are located the largest sawmills in the United States.

Gramophone Post Cards.

The illustrated postcard is shortly to have a rival in the form of the "gramophone disk-card," writes the Vienna correspondent of the London Express. These disks bear a record of the voice of the sender, which is engraved on them in public penny-in-the-slot machines. into which the sender speaks his mesnage. The disc, which is backed with glue, is then moistened and stuck on to a post card. For the receiver miniature gramophones are being manufactured, which will be sold at about two dollars each, no that all he will have to do will be to put the disk into the machine in order to hear the voice of his correspondent. It is stated that the disks may be rolled, or eyen folded, and put in a letter without injury.

BY SPECIAL DELIVERY

PREE MAILING SYSTEM HAS-TEMS BELATED PARCELS.

Of Especial Benefit at Christmas Time When Gifts Are Dispatched at the Eleventh Hour.

Eleventh-hour Christmas gifts are often dragged out of that category by the swift and effectual work of Uncle Sam's post office clerks and carriers.

This class of presents is not included In the regular list, says a Chicago daily. They belong to the uncontemplated offerings. A Chicago woman along about the holidays makes a list of all of the people to whom she expects to give. There are some whom she remembers in her mind only, for the limitation of her purse or some other cause prevents her going further.

Near Christmas time, however, the carrier hands her a package. It is from some city friend who was not down on her list. She can't afford to receive without having given. She runs down to the corner drug store or stationery shop and picks out a little something. She asks the drug clerk to do it up for mailing. Then she buys a special delivery stamp, and, along with the regular postage, pastes it on the package. She drops it into the big postal package box out on the sidewalk and the post office people do the rest.

Col. L. T. Steward, head of the Chicago free delivery system, says that eleventh-hour business has been growing every year. People have found out what they can do with the oblong blue stamp, which means "hurry."

There are a whole lot of people who send nothing to certain persons until they know whether these "friends" are going to send them anything. They rely on the ten-cent blue stamp to help them out if it becomes necessary.

Thousands of bunches of flowers pass through the Chicago post office during the last hours of the gift-buying season. Thousands are delivered at night before the last minute of the day has gone. 'A bunch of flowers seems to be a favorite belated gift. The post office has prenated extra tables to handle this class of packages, for they take up a great deal of room. The postal officers like to meet such a tax on their system. They like to have it tested. They want to show that they can handle anything that comes along. Special instructions are given station superintendents, collectors, and crews of street postal cars. The belated packages are to be given the rush from the time that a glimpee is caught of the elongated stamp. When thousands of eleventh-hour packages are delivered and a receipt taken the recipient is saved from a pain pang. He or she having received it in fair time, en't know that they weren't down on the regular list. Uncle Sam cleverly smoothes it over by swift and sure work.

By the same machinery a person in a distant city may be made to think she has not been left off the favored list and is saved from the injured feelings that an eleventh-hour gift occasions. By the intelligent use of a special delivery stamp a package may get the impression of a dating stamp that will save the package from conveying an unweicome piece of information. Special delivery packages or letters are picked out and separated. They are the first to be handled. The street car crews and others put them on the top of everything else.

Patrons of the malls at Christmas time might aid materially in expediting the delivery of packages if they would be more careful about the packing. Hundreds of people pack a thimble in a box eix inches square. A package may be much larger and contain a pair of baby's stockings. One reason why it takes longer to handle such packages is that the packages are so large that they fill up the pouches and the racks have to be stripped so often that much time is taken up in removing one pouch from a rack to put another one on.

Another source of lost time is that thousands of addresses are unintelligible. The packages have to go to some one who will try to figure out the addresses which are not plainly legible. Tone of Christmas packages are delayed from this cause, and often, no doubt, it occasions a belief in the reciplent's mind that he is getting an eleventh-hour gift.

Germany's Textile Schools.

Beginning with schools to teach spinning by hand in the eighteenth century, Germany has continued to improve the instruction in textile industry offered to its people with every advance of practical science as applied. to weaving and spinning. Textile schools, where the manipulation of the most intricate machinery is taught, are now found all over the empire, and it is held by some persons that they constitute the main pillar by virtue of which the German textile industry maintains its competitive power in forsign markets. The courses of instruction are frequently revised, and everything is kept up on a scientific basis.— Youth's Companion.

"A Great Compliment." The heirs of Richard Wagner have been granted an infunction to prevent the use of the title Benz-Parsifal motor car, and this will in future be known simply as the Benz car. Motoring is astonished at the decision, and considers it "a great compliment to the master musician that the title of a motor car should have been borrowed from one of his finest compositions!"-Chi-

Transparent. Wiley-This radium that we read about is more or less of a joke. Smiley-Why?

"It seems to make light of everything." -N. Y. Times.

SWEDEN'S SPARKSTOTTING.

Form of Sied That Is Not Commonly Used in Any Other Country.

The Swedes have made a fine art of sledding. Their fastest sled- is called the sparkstotting and is an exceedingly light sled that the inhabitants of Norrland, a province situated at the north of Sweden, employ during the winter as a means of lucomotion.

The use of it now extends throughout Sweden, where races upon this original vehicle constitute one of the most highly appreciated sports of winter. Among other people of the north, in Russia, Scotland and Germany, this sport is entirely unknown, a fact that is somewhat extraordinary, considering that the sparkstotting can be employed in all countries in which the rigors of winter permit of the use of ordinary sleds.

The sparkstotting is constructed entirely of Norway spruce. It is straight, of clongated form and weighs no more than 30 nounds. It consists of two ruppers, curved upward in front, and 61/2 feet in length. To each of the runners is fixed an upright that serves both as a point of support and a tiller. The entire affair is connected by two or three 'crosspieces, one of which supports a light seat placed 12 inches above the surface. The Norrland sled differs perceptibly

from the Vesterbotten type in which the runners, which are much shorter. are not shod with iron, but are well greased or impregnated with boiling tar. The lightest and best type for racing is the one manufactured at Umes, Norway. In order to push the sparkstotting the racer, bearing with both hands upon the extremities of the unrights, places his left foot upon the runner to the left, and then with the right foot strikes the ground at regular intervals so as to propel the sled forward.

If the enow is very hard and th racer is not provided with spiked shoes it is necessary for him to fix steel calks to the soles. In recent times a horizontal bar, breast high, has been placed between the uprights. This modification renders the steering easier and pesides permits of governing with a single hand. Upon a level route the sparkstotting reaches a pretty good speed without great effort.

An experienced racer, when the snow is in good condition, can easily attain the speed of a horse on a trot. In ascents it is necessary to push the sparkstotting or to drag it, but this does not cause much fatigue, owing to its lightness and the feeble surface incontact with the snow. With this sled it is possible to run very fast.

BIG INSURANCE BUSINESS.

Industrial Companies That Do a Business Running Up Into the Billions.

Thirty-three years ago, a New York insurance man's attention was attracted one day by a rather derogatory referonce in the Massachusetts insurance report to the work of an English company. which was insuring the lives of workingmen and children on a large scale. To-day says the Chicago Chronicle, that man is president of one of three similar companies which stand pledged to pay in the future more than \$2,000,-000,000 to more than 10,000,000 of people; which are disbursing \$500,000 a week to the policy holders in sums averaging perhaps \$100; which have assets stored up of nearly \$150,000 fell and, most notable of all which collect by hand \$250,000 in ten-cent pieces _Such a growth within the working life of one man is amazing even in this age of industrial miracles, and an examination of its details beightens the wonder.

Strangely enough, though one family out of every five in the United States has one or more industrial policies on some member, the average well-informed man knows nothing whatever about the system or its workings. But ask your household servants, and the chances are you will find that at least one of them is paying ten cents a week to a company which guarantees her \$100 or so in case of death-enough to nay for the funeral expenses. This was the foundation principle of industrial insurance and is still the dominant reason for its existence—the avoidance of a burial at public expense or of leaving a burden of debt upon one's family. The average cost of burial for a child under two years is from \$12 to \$25; the average insurance on children between one and two years old us \$19.48. At the age of ten the average funeral expenses is \$50, the average

industrial policy is \$59.94. From this initial idea, however, the business has developed "cash dividends" and "paid-up policies," until now its payments of claims alone amount to \$25,000,000 a year in sums ranging from \$15 to \$1,000.

Electricity in Egypt.

A consular report quoting from a leading German trade paper, says the imports of electrical, telegraphic, telephonic, etc., apparatus into Egypt during the years 1901, 1902 and 1903 were valued at about \$210,000, \$276,000 and \$328,900, respectively. Of these Great Britain led with the lion's share each year. The writer, commenting on the foregoing, advises anyone wishing to sell to Egyptians to establish representatives of the first class in Cairo and Alexandria.

The Modern Newspaper. "I cannot read your paper now." said

an artist across the dinner table to the present writer. "Why not? Surely it is-" "Too good," snapped the artlat. "If I begin it after breakfast I do no work in the morning, and if I alt down to it after runch I don't finish it till it's time to go and fence, and you can't read a morning paper in the evenior."

"MINUTE MAN" STILL EXISTS

Revolutionary Type Found to This Day in Mountains of East Tennessee.

In appearance the minute man was a backwoodsman, with the habits and instincts of a pioneer, says a writer in the National Magazine. While not famous for hospitality, he was not as parsimonious as he has sometimes been painted. He lacked something of the live-wire suddenness of the volunteer, but he had a large measure of the patriotic patience of the regular. Both in war and in peace he was slow but not stolid; cautious always, but seldom timid. Thinking his own thoughts and proud of them, he always knew what he wanted and rarely, failed to

The like of him long since disappeared from New England, but his idiotype resides in the mountains of east Tennesses. Not exactly his double is our man of "moonshine" impulses, coonskin cap and homespun habit; but to know our mountaineer is to get the impression that he is an old acquaintance. Following the old flag or riding with Forrest, he was the minute man of the '60s, and in the Philippines his regiment, "The Moonshipers," he it was called, was always in trouble with the people in front. Like all good soldiers, he is strenuously peaceful in time of peace and very dreadful in time of war. Almost any likeness of these primitive patriots will fit their northeastern fellow citizens.

Too busy to acquire the graces, while wringing a meager living from an unwilling soil, the tall, lean, long-haired minute man was not always an imposing figure. It may be said of him that he was long on martial spirt but short. on martial bearing Coazing the stingy shilling across ungenerous counters was not a calling likely to inspire great. thoughts and patriotic emotions; nor did a group of ill-paid and over-worked mechanics seem liable to breed statesmen and soldiers. But out of these uspromising materials, these odds and ends the nation has been wecurbt

The British parliament scoffed at this government of country dy-tors, uncouth farmers, wayside storekeepers and untitled lawrence queernment made pessible by the minute man, sustained by the volunteer, perpetuated by the regular and respected even at Westminster!

But the minute man was a citizen before he was either a soldler or a statesman, though he could be all three without changing his clothes

He had a gentus for civics, a capacity for applying the sciences and an inclimation to interfere with the affairs of others which has made the world his debtor. It is almost enough to say of him that he was a puritan, and let it go at that; but that term, as understood out of New England, seems a. little too harsh to apply to him.

THE AUTOMATIC DETECTIVE

Pedometer for Dog Keeps Tab on Maid Who Takes Him for a Walk.

"Mary," said the mistress, "did you walk Edward three mues this after-

"Yes, ma'am," answered the maid; "a.

good three miles. Mary as a matter of fact had sat on a bench in the park with a young man, and Edward had hardly walked three squares. He was a dog a little Blenheim and the doctor had ordered him exercise relates an exchange

"Now, Mary, I must insist that tomorrow you walk Edward three miles. To-day," said the mistress, "you didn't do It

"But I did, ma am."

"No, you did not " "Would you can me---"

"Now, Mary, let us have no nonsense. Do you see this little dial like a watch fastened to the top of Edward's leg? Well, this disk is a pedometer. It tells me just how far Edward walks or runs each day, and it tells me accurately, for it was made to order, and it has been thoroughly .tested and corrected. To-day Edward has only walked 300 yards. To-morrow he must go three miles. He must mind you. You can't deceive me in this mat-

ter, Mary." Mary left the room with faceaflame. Her mistress, after she was zone, said:

"I am one of a number of women who have gotten pedometers for their: dogs. It is the only way to assure your dog a proper amount of exercise. maid swears to you that she walks the andmai miles and miles, but, for all you know, she may spend the afternoon at a friend's with the dog asleep on her

"My pedameter only came home yesterday. It has already done a good ." piece of work, you see Hereafter Mary will walk Edward just as far as I tell her to."

Statue of His Wife. The kaiser has surprised the empress,

with a life-size statue of herself in marble. Two years ago his majesty commissioned a well-known sculptor, Prof. Begas, with the work, ordering him tokeep the secret carefully from the empress. The sculptor was given every opportunity to make the necessary sketches at public festivities, unobserved by his imperial sitter, and the result is stated to be entirely to the satisfaction of both their majesties.

Good Rule.

."Remember, Mulcaby," said the first Celt, with an oracular air, "that whim you're angry ye ought niver to say a word. Bear in moind the sayin', "Silence le golden.'"

"'Tis a good rule," replied Mulcary hv: "waste no words, smash 'im!"---Tit-Bita

L'ABEILLE DE LA NOUVELLE-ORLEANS