



For some time I have been promising to tell you something about scrofula, and glandular swellings in the neck which are frequently of a scrofulous nature.

It is supposed to originate in the use of pork for food, and my observations are that when persons of a scrofulous nature or tendency use pork freely, they are made much worse.

In considering this disease, the first point to which attention should be called is found in the idea that so persistently connects this malady with the blood, as if that were its chief source.

On the neck, especially under the chin, you 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.

Another point to be discussed is the impression that the vital force of the nervous system generally, and of these glands particularly, requires to be reduced.

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 is "liquefying," so say our best authorities.

It is also an erroneous idea which leads to the lancing of such a swelling, and the attempt to extract the matter which has collected in the gland does more harm than good.

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.

Now let us consider the little gland under the chin which has become swollen 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 eliminating a special substance, and that material thickens and accumulates and swells it.

Light food taken frequently, and in rather small quantities, in such troubles, is better than heavy meals. But no one will expect a cure in such cases as these if indulging in indigestibles.

will expect a cure in such cases as these if indulging in indigestibles. I hardly need say that only moderate labor should be performed.

Washington.—Dr. David H. Reeder, Laporte, Ind. Dear Sir:—Can you please tell me the right name of the enclosed herb? The natives call it swamp tea, that is the Shawnee Indians.

The sample submitted was something with which I was not familiar, and I therefore sent it to Parks, Davis & Co., of Detroit, Mich., with a request to have it classified.

"We beg to report that the sample of leaves submitted for examination proves to be Ledum latifolium or Labrador tea."

"This drug 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 30 cents per pound.

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.

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.

Third—I have a metallic taste in my mouth all the time during the last ten days. I have been drinking one teaspoonful of milk daily all summer at meal times.

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 that you can probably overcome the disease by a removal to the proper climate and careful diet and exercise.

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 Remove Moles. Moles or brown spots may be caused by a condition of the system when the liver does not do its work properly.

Waiting for a Fairy Tale. Little Clara—Mother, tell me a fairy tale. Mrs. Grayson (glancing at the clock)—Wait until your father comes home, and he will tell us both one.—Modern Society.

MINING BLACK DIAMONDS.

Primitive Process Employed by the Natives 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.

The stone, which is perfectly opaque, is not beautiful, and if the magical word diamond had never been applied to the substance there is no doubt that to this day the black diamond would be a thing unknown.

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.

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.

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.

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.

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 today coming to the United States.

Much of Canada's timber land has not yet been explored. In the newly developed district of Algoma, 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 300,000,000 cords more.

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.

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.

BY SPECIAL DELIVERY

FREE MAILING SYSTEM HASTENS RELATED 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 efficient 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 unanticipated offerings. A Chicago woman along about the holidays makes a list of all of the people to whom she expects to give.

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.

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.

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.

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 trifle in a box six inches square.

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.

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.

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"A Great Compliment." The words of Richard Wagner have been granted an injunction to prevent the use of the title Benz-Parisfal motor car, and this will in future be known simply as the Benz car.

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 Sled That Is Not Commonly Used in Any Other Country.

The Swedes have made a fine art of sledging. 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 locomotion.

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.

The sparkstotting is constructed entirely of Norway spruce. It is straight, of elongated form and weighs no more than 30 pounds. It consists of two runners, curved upward in front and 6 1/2 feet in length. To each of the runners is fixed an upright that serves both as a point of support and a tiller.

The 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 Umea, Norway.

The sparkstotting is a very hard and the 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 besides permits of governing with a single hand.

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 reference in the Massachusetts insurance report to the work of an English company, which was insuring the lives of workmen and children on a large scale.

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.

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.

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 artist. "If I begin to read it after breakfast I sit down to it after lunch I don't finish it till it's time to go to bed, and you can't read a morning paper in the evening."

"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.

The like of him long since disappeared from New England, but his prototype resides in the mountains of east Tennessee. 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.

Too busy to acquire the graces, while wringing a meager living from an unyielding 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 spirit but short on martial bearing.

The British parliament scoffed at this government of country-deputies, uncouth farmers, wayward storekeepers and unpolished tradesmen—a government made possible by the minute man, sustained by the volunteer, perpetuated by the regular and respected even at Westminster!

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 miles this afternoon?" "Yes, ma'am," answered the maid; "a good three miles."

"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 dial 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 336 yards. To-morrow he must go three miles. He must, mind you. You can't deceive me in this matter, Mary."

Status 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 of ordering him to keep the secret carefully from the empress. The sculptor was given every opportunity to make the necessary sketches at public festivities, unobserved by his imperial sister, and the result is stated to be entirely to the satisfaction of both their majesties.

Good Rule. "Remember, Mulcahy," said the first Celt, with an ocular air, "that when you're angry you ought never to say a word. Bear in mind the saying, 'Silence is golden.'" "It's a good rule," replied Mulcahy, "waste no words, smash 'im!"—Tit-Bits.