

COLD IN THE HEAD.

Its Constant Recurrence May Not Only Be Serious, but Fatal.

There are all kinds of colds. Spring, summer, autumn and winter, all furnish the means for a cold. In medical literature there is no such disease described as a "cold," yet almost every body is more or less susceptible to this condition.

The writer used to suffer with "cold" in the head, throat, windpipe, bronchial tubes, stomach and bowels. That was before he learned that an abundance of fresh air—day and night air—was absolutely necessary to build up a high state of physical vigor and vitality to avoid "taking cold."

The most common form of this complaint is a cold in the head. In this condition there is an inflammation of the mucous membranes which line the nasal chamber. This is naturally self-limiting. Nature allows the disease to run its course when recovery spontaneously takes place. This condition may be very mild, yet the constant "taking cold" may result in great damage and lead to fatal diseases.

The nasal cavities have direct connection with the eyes, ears, throat, lungs, stomach and bowels. When frequent colds, inflammation or congestion occurs in these vital parts and the "germs" or "filth" which is the direct cause of the trouble overcomes the "defender" or "filter" which is carried to one or all of the organs or parts of the body and may result in some disease that terminates fatally.—Professor George A. Keene in Health.

ADD STRINGS TO YOUR BOW.

And Keep on Broadening Your Sphere of Usefulness.

Ages ago some one found music in the twang of a bowstring, then another some one put two strings on a bow, and thus was made the first harp. String after string was added until the harp was too heavy to hold. Then they put it in a box and struck the strings with hammers worked by keys. They called that a harpsichord. It was the first piano. The finest and most costly piano of today is just an evolution, just an improvement on the arrow shooting bow.

From the history of the piano comes the old, old saying, "He is adding strings to his bow." It means that one is evolving, improving something. It expresses caution, persistency, energy, enterprise.

Add strings to your bow—one at a time. Bring a new note into each week of work. Learn a little something new and use it. Thus you will increase the harmony and effectiveness of your work.

Anything that has evolved as the bow has can never stop improving. So with your work. The more simple the start the greater the possibilities of growth. Know your work from the very first string. Know that there is no limit to its possibilities. Keep adding strings to your bow, harp, piano—Joel Blank in Philadelphia Ledger.

Short Lived Giants.

Giants are notably short lived, and instances where men much above seven feet in height have reached the age of fifty years are almost unknown. Length of days does not go with excessive length of limb. But tallness which stops short of giantism usually is a sign of vitality. Tall recruits in continental armies, provided they are of proper weight, give least trouble from sickness and gain most from physical training. It must be remembered in this connection that "tallness" is not the same everywhere. Men accounted tall in southern Italy would be rather short in western Scotland or among the native stock of America. It is as if nature had fixed a standard height for each race and punished by some physical shortcoming those who varied much from that standard in either direction.—Chicago Journal.

Earthworms For Rheumatism.

Your paragraph, writes a correspondent, giving as a cure for bronchitis a bag of earthworms on the chest, reminds me of a prescription I heard of thirty years ago, given also "in all seriousness," in Nottingham market place, as a remedy for rheumatism. In this case, too, the earthworms formed one of the constituents, but it was necessary to put them into a bottle and pour upon them a quantity of powdered quicklime. The resultant compound, well rubbed into the affected parts, was guaranteed by the prescriber to be a certain cure for rheumatism.—London Chronicle.

Mixedups to Definitions.

Hungry Higgins—Vot! You dunno vot a miser is! A miser is a man that deities himself the necessities of life when he has the money to buy 'em. Weary Watkins—Oh, I have met some of them felers. But I tought they called themselves Prohibitionists.—Exchange

Made Things Cheerful.

"Have you done your share toward making life more cheerful for anybody?" asked the genially serious person.

"I have. I gave a crowd of people the time of their lives this morning. My hat blew off and I chased it two blocks."—Washington Star.

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Bohemia's Rocky Maze.

The Rocky maze of Prachov, near Jacin, in northern Bohemia, is a veritable natural curiosity. It has been well described as a gigantic "freak in stone." To enter the labyrinth without a guide is a perilous proceeding. For an unwary adventurer would probably speedily be lost in the tortuous windings of the maze, where the paths are so narrow and crooked and the cliffs are so high that the explorer soon loses all idea of locality. In days of fiery persecution the Moravian and Bohemian brethren's secret prayer meetings used to be held here, just as the early Christians assembled to worship in the catacombs. The cliffs are honeycombed with cells, and at the far end of the maze is a rock castle, where in the old days a robber baron lived and took toll of all wayfarers. The shape of some of the rocks is very curious. There are, for instance, the "bishop and mitre," the "Madonna and the child" and many others.—London Sketch.

Portugal's Prison of Silence.

Entombed in a grim castle on the outskirts of Lisbon are some of the most miserable men on earth. These are inmates of Portugal's "prison of silence." In this building everything that human ingenuity can suggest to render the lives of its prisoners a horrible, maddening torture is done. The corridors, piled tier on tier five stories high, extend from a common center like the spokes of a huge wheel. The cells are narrow, tomblike, and within each stands a coffin. The attendants creep about in felt slippers. No one is allowed to utter a word. The silence is that of the grave. Once a day the cell doors are unlocked, and the half thousand wretches march out, clothed in shrouds and with faces covered by masks, for it is part of this hideous punishment that none may look upon the countenance of his fellow prisoners. Few of them endure this torture for more than ten years.—Manchester News.

Constitutional Amendments

PROPOSED AMENDMENTS TO THE CONSTITUTION SUBMITTED TO THE GENERAL ASSEMBLY OF THE COMMONWEALTH OF PENNSYLVANIA AND PUBLISHED BY ORDER OF THE SECRETARY OF THE COMMONWEALTH IN PURSUANCE OF ARTICLE XVIII OF THE CONSTITUTION.

A JOINT RESOLUTION

Proposing an amendment to article nine, section four of the Constitution of the Commonwealth of Pennsylvania, authorizing the State to issue bonds to the amount of fifty millions of dollars for the improvement of the highways of the Commonwealth.

ROBERT MCAFEE, Secretary of the Commonwealth.

A JOINT RESOLUTION

Proposing an amendment to section seven, article three of the Constitution of Pennsylvania, so as to permit special legislation regulating labor.

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Constitutional Amendments

Authorizing the laying out, opening, altering, or maintaining roads, highways, streets or alleys.

Relating to ferries or bridges, or incorporating ferry or bridge companies, except for the erection of bridges or ferries, or for the construction of boundaries between this and any other State.

Relating to the management of public schools, the building or repairing of school houses and the raising of money for such purposes.

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