

THE HOME

EYE STRAIN IN CHILDREN

The Relation Between Serious Misconduct and Physical Defect.

(Youth's Companion)

A woman to whom four healthy boy babies were born, only to die of stomach trouble in their second year brought with infinite care a fifth boy past the danger period and to his eighth year. Then he began to go to school, but became at once subject to stomach attacks that no kind of tonic or diet could help. Finally his mother suggested that the trouble might be with his eyes, but the local doctor pointed out that he was unusually fat-figured and never had any headaches. The mother, knowing something of the subtle relation of the eyes to the rest of the body, took him to an eye specialist in a distant town.

The first day on which he wore glasses he said wonderingly: "Why, print is black, isn't it, mother?" "Yes, dear, what did you think it was?"

"Why gray, and sort of mixed like, and now the letters look straight up and down."

The child had a complicated defect known as mixed astigmatism, which made it hard for him to see things near at hand, although his eyes themselves did not feel the strain. When he wore the right glasses the stomach trouble vanished as if by magic.

This is only one illustration of many that might be given of obscure affections directly caused by eye strain. Some of the clearest symptoms may be seen in infancy. For example, when a baby is not sensitive to light and does not blink on coming into the sunlight he is near sighted. A child who frowns or keeps one eyebrow raised or the head on one side or whose eyes look prominent and staring should be examined as soon as possible, not only for his own sake but for the sake of those about him, because children, like grownups, are irritable or peevish or sullen when their eyes do not work properly.

Some very troublesome habits for which children are punished are, due to eye strain. These are due to a weakened condition of certain involuntary muscles controlled normally by nervous reflexes that are easily upset by any kind of extra strain.

A WIFE'S DUTY.

If any woman wants to keep her husband's love, I don't think she needs to go through with any far-fetched performances, says Ruth Cameron. Let her take a reasonable interest in her personal appearance, studying becoming colors, adopting, or if necessary, adapting becoming styles, and putting on her clothes neatly and carefully.

Let her give a reasonable amount of time to the care of her person, keeping always perfectly sweet and clean, and doing everything in her power to keep healthy. Let her keep all fretful and complaining notes out of her voice. If I were a husband, nothing would drive me from my home more quickly than a wife with a fretful voice.

Let her keep her mind from stagnating and her horizon from narrowing by reading and talking about the world's progress, and the things that count. We read that men fell in love with Madame de Staël after she was seventy. Why? Because she never let her mind stagnate.

Let her take an interest in her husband's work. Let her try to be fair-minded, kind, and considerate—in fact, obey the Golden Rule—in her household relations, and be a livable friend, as well as a lovable wife. Let her remember the enthusiastic fine-souled girl her husband fell in love with and idealized, and never let that girl wholly die within her. Let her do all or half of these things and even if she has no toilet table in her home, I think that in ninety-nine cases out of a hundred she will be able to keep her husband's love "till death do us part."

CAUSE FOR ALARM

Loss of Appetite or Distress After Eating—a Symptom That Should not be Disregarded.

Appetite is just a natural desire for food. Loss of appetite or stomach distress after eating indicate indigestion or dyspepsia. Over-eating is a habit very dangerous to a person's good general health. It is not what you eat out what you digest and assimilate that does you good. Some of the strongest, heaviest, and healthiest persons are moderate eaters.

There is nothing that will cause more trouble than a disordered stomach, and many people, daily contract serious maladies simply through disregard or abuse of the stomach.

We urge all in Bridgetown who suffer from any stomach derangement, indigestion, or dyspepsia, whether acute or chronic, to try Rexall Dyspepsia Tablets, with the distinct understanding that we will refund their money without question or formality if after reasonable use of this medicine they are not perfectly satisfied with the results. We recommend them to our customers every day, and have yet to hear of any one who has not been benefited by them. We honestly believe them to be without equal. They give very prompt relief, aiding to neutralize the gastric juices, strengthen the digestive organs, to regulate the bowels, and thus to promote perfect nutrition, and eradicate all unhealthy symptoms.

We urge you to try a 25c. box of Rexall Dyspepsia Tablets, which gives fifteen days' treatment. At the end of that time, your money will be refunded to you if you are not satisfied. Of course, in chronic cases, length of treatment varies. For such cases, we have two larger sizes, which sell for 50c. and \$1.00. Remember, you can obtain Rexall Remedies in any community only at our store—The Rexall Store W.A., Warren.

FIFTEEN INCHES OF SNOW AT MONTREAL

Roof of Skating Rink and Also of Freight Shed, Collapsed Causing Heavy Loss.

Montreal, Feb. 27.—By seven o'clock tonight fifteen inches of snow had fallen since seven o'clock yesterday morning, and besides seriously delaying trains on all lines, the storm was responsible for this collapse of several structures in the city owing to the tremendous weight of snow or the roofs.

Eighty feet of the wooden roof of the Forum skating rink collapsed this afternoon, while seven men were busy trying to clear away the snow. The accident was preceded by an ominous creaking and splintering of the beams, and the men had time to escape, while the forty people skating inside also managed to stand from under before the roof came down.

In the recent fire case the proprietors of the Forum were granted judgment for \$6,000 against the Montreal Star for a series of articles opposing the erection of the structure and criticising it as architecturally unsound.

The roof of one of the C.P.R. freight sheds also collapsed at noon today but fortunately all the men were away at lunch at the time. Several engines were damaged and the total loss will be some \$50,000. The city streets have been kept fairly passable and the street car service, except in the outlying wards has not been discontinued.

"RAISING THE WIND."

Methods Employed by Strikers to Help Out Dole.

During the great miners' strike of 1893 the colliers of Cannoek Chase replenished their funds in strange fashion in the Birmingham Canal was emptied for repairs, whereupon the men, to the number of about 2,000, descended into its muddy body and collected hundreds of tons of coal, which they sold at remunerative prices.

Nearly every colliers' strike is marked by similar shifts for "raising the wind." When the Lancashire miners were "out" some years ago, several small pits were opened near Oldham, and the harvest therefrom was quickly disposed of at famine prices, in some cases as much as 1s. 6d. per hundredweight.

A remarkable haul of this kind was once made at Gresley, Leicestershire. Discovering a seam of coal about 12 feet from the surface, the Gresley Company's strikers sank no fewer than thirty shafts, each wide enough for three or four men at the bottom. Then they attacked the seam sending up the coal in buckets, which were tipped into barrows by their wives and children, and as a result some of the men got not only more than a ton of coal, besides slack, for themselves, but a large quantity which was sold at 1s. per barrow.

In the London cab trade an equally unconventional expedient is resorted to during strikes. Tickets are printed, and these are sold to men in work, as well as to sympathizers, usually at threepence each. As many buy two or three tickets every day—and the price is varied, so that a man "approached" on say, Wednesday cannot evade the appeal by producing a "Tuesday" ticket—a considerable sum is always raised. The same system has been adopted by certain sections of the London building trade.

One of the most curious methods of money-raising during strikes was adopted when a labor war was in progress at Sunderland. A football match was promoted for the benefit of the strikers, and a "challenge cup" was offered, it having been very cleverly made from that waste by some of the strikers themselves, and was undoubtedly the strangest football cup played for anywhere.

Women to Serve State. The idea of Mrs. Hilker Schmidt, a Social Physicist, that all women should be required by law to devote one year of service to the state in some public charity, as men give military service is discussed with interest by many French people. The present dislike of the compulsory phrase, "the suggestion is made that women desiring Government positions should be requested first to volunteer for one year's charitable service.

Hitherto maternity has always been urged as an offset to military service, but the number of childless women is growing continually, and so Europe's conviction that all citizens owe a certain period of their lives to the state actually may call for such charitable services as are now advocated.

There would be many fields from which to choose. There is assistance to be given the aged, children, the sick, the infirm, the deformed and the indigent, and there is work to be done in maternity hospitals, in social settlements and in innumerable other social organizations.

"The work is, indeed, favorable for such volunteer service everywhere, and the movement to alleviate the ills of humanity—service in which women are eminently fitted to act."

Advocates of the idea believe that many women who had planned business careers would relinquish them to remain in charitable work.

An Old Smoker's Trick. "Hang it," remarked an old com-puter, dropping into a seat in the smoker beside his daily companion, "I've busted my pipe, and now I've got to go through the torture of breaking in a new one." "Let this road break it in for you," returned his friend. "What? You don't understand that trick? It's an old smoker's recipe. Fill your new pipe—but wet the inside of the bowl first—light it, get it well started, and then hold it out of the window with the mouth forward. The draft will keep it alight as well as you could by puffing on it. That will take the raw newness out of it. Try it and see."

He Talked Shop. He was a railroad man and spoke mostly in railroad terms. He was the father of two boys. One day he invited the minister home to dinner. The hungry boys wanted to pitch in, as usual, but the father in a stern voice cautioned them to wait. The minister bowed his head to return thanks. The boys, innocent of what was being done, began to eat before the blessing was half said. "Excuse me a minute," said the father, addressing the minister, "until I switch a few empties."

KING ALFONSO.

When the Spanish Monarch Acted Like a Plain Man.

At San Sebastian on the northern coast of Spain King Alfonso XIII. enjoys life in his boyish, free fashion. It is a place of calceonic beauty. Imagine a great round bay so locked in that its waters are a pond. High around its edges circle the villas of the rich, while along the sandy shore the Royal Yacht Club and the public baths adjoin private beaches next to the great hotels and the bathing promenade.

Along the sands the public bath houses and gay tents flash all colors, faintly soaked in sunlight, even in late autumn. The stone promenade, iron balustrades, continues round the bay, through gorgeous parks and gardens to the public gambling halls, with the marble terraces and flowers, restaurants and cafes of one of the most luxurious casinos of Europe. Back of all this is the modern built town of wide shady streets, parks and monuments in bronze and marble, rich shops, cafe terraces and flouting awnings, street sprinklers, gushing fountains, and that mixed perfume of orange peel, violets and tube-roses that marks the south of Europe.

Chief of the villas perched high around the bay is the King's Miramar palace, half hidden among its forests. At night any traveler can lose himself in its winding alleys, lighted by 900 electric lamps. Anyone who has been there must have thought how easy it would be for armed conspirators to enter the park and take the palace by surprise. The guard at the gate is composed of three men of the Minaret Corps. At the wide door of the palace the only sentry is an old veteran, wearing many decorations, but unarmed. The idea generally held that the King of Spain lives surrounded by an army to protect his life is absurd. The "Alabarderos"—mounted escort—and the large military staff is regularly invisible in its barracks behind the palace and exists merely to satisfy court protocol. When the royal family enjoys its home life in the evenings after audience hours are over, it is no more protected than any other well-to-do family of San Sebastian.

Every day while in residence at San Sebastian, the King is accompanied by soldiers, on foot, on horseback, or in auto or carriage, can be seen going about. We met him once in a lone spot of the Corniche, writes a traveler, attempting to clean three plugs that had got choked by soot. My French friend stopped and asked the customary, "Anything we can do?" "These plugs are choked with soot," replied Alfonso. His chauffeur was respectfully offering him one, when our French friend—a pure automobile crank like the King—explained that he could clean those plugs by backing rapidly up the slope.

"That is what I said," cried Alfonso. "Dust tumble in!" and, with a very tricky swing, he got his weight on the crank and started the heavy motor before his chauffeur knew what he was up to, jumped in beside his only companion, a silent military man, and began to back up the slope at second speed.

"Now that is just the type of automobile crank who will not let his chauffeur do a thing," explained the Frenchman. From this time Alfonso nodded to us with a smile, content that here were three men and a lady who had seen him, Alfonso, acting as a man.

Curiousities of Color. After any severe shock you will be very likely to find that you have become temporarily color blind. Your perception of green light has probably gone, at least partially. White objects will then appear to you of a reddish purple and green objects to be very much duller in hue than ordinarily. Any one can make himself or herself temporarily color blind by wearing a pair of ruby red glasses. The prolonged action of red light on the eyes ends by tiring out the nerves which receive red light. Consequently when the glasses are at last removed strain-bow appears to have only two colors—yellow and blue.

A Good Rule. "Good earning power on the husband's part and good saving power in the wife—this goes a long way towards making home happy." The speaker was the local person who had newly united a loving pair and was now holding forth at the wedding dinner.

"In a word," he continued, "the husband should make the money first, and then the wife should make it last."

Off the Map. An Irishman called in at a Chinese laundry and found the proprietor counting his collars. "Be jabbers," said he, "you're a funny lookin' man—you wid the horse's mane hangin' down your back. And where—oh, where—do you come from?" But the oriental did not understand, so merely said, "Countee collars, countee collars." "Bedad, then," said Mick, "ye're a loir, for there's no sich county in Oireland at all, at all."

Want Our Pitting

Want Your Dollars

The dollar that goes to the out-of-town office never comes back. It does not pay the local workman's wages,--does not benefit the local merchant,--has no possible chance of returning to your pocket. The dollar spent at home directly or indirectly comes back to you.

Besides YOU WILL GET Good Printing AND Prompt Service AT Moderate Rates FROM Your Home Office

Call or drop a card for samples and quotations. The Monitor Press BRIDGETOWN

When ANSWERING ADVERTISEMENTS PLEASE MENTION THE MONITOR-SENTINEL

Our customers say it is the best that has been sold in the Annapolis Valley.

Illsly & Harvey Co, Limited, PORT WILLIAMS

Works Both Ways. "Mr. Wombat, I must leave you to get married. I know a great many girls leave the firm to get married. Still, I hope you can fill my place."

"That will be all right. We have a waiting list of ladies who let us to get married, are now tired of their husbands and would like to come back."

Minard's Liniment cures Distemper.

Minard's Liniment cures Burns, etc.

Real Estate

RESIDENCE FOR SALE. Situated on Granville St., Bridge-rooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water.

Apply to JOHN IRVIN, Agents

FARM FOR SALE. Medium size Farm, fine large buildings, large young bearing orchard, marsh, pasture, wood. Situated at Granville Centre. Apply to SOMERS McCALL.

FARM FOR SALE. The subscriber offers his valuable farm for sale, situated in Clarence, four miles from Bridgetown, consisting of a splendid orchard, good hay farm. Plenty of wood and water, good buildings.

Part of purchase money can remain on mortgage if desired. ADONIRAM BUMSEY. Clarence, Jan. 29th, 3 mo.

FARM FOR SALE. At a sacrifice, in North Williamston, formerly owned by the late Simpson Charlton. Is in prime condition. A young orchard yielding 700 to 1000 barrels of apples. A good hard-wood lot attached. Two good pastures. Has a good house and barn.

Apply to the owner. T. A. NEILY, Bridgetown, Jan. 29th, t.f.

FOR SALE. The subscriber offers for sale that valuable farm known as the Col. Starratt farm at Paradise. Convenient to school, church, and stores. For further particulars apply to G. N. BANKS. Paradise, Feby. 29th.

FARM FOR SALE. 160 acres midway between Paradise and Lawrentown on main road. 8 acres of orchard, plenty pasture and wood-land. comfortable buildings. For particulars apply to G. O. BALCOM. Lawrentown, Feby. 5th, 3 mos.

To Let. The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired. Suitable for business offices.

IMPORTANT NOTICE. According to the postal law now in force newspaper publishers can hold for fraud anyone who takes a paper from the post office and refuses payment, and the man who allows subscriptions to remain unpaid and then orders a postmaster to send notification of discontinuance to the publishers lays himself liable to arrest and fine. Postmasters are also liable under the law for the cost of papers delivered to other persons after the death or removal from their office district of the persons to whom the paper was first addressed.

WANTED. A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW

CASH PAID AT THE HIGHEST MARKET PRICES. MCKENZIE CROWE & Co., Ltd.

500 Barrels Kerosene Oil

TO COME FORWARD. We have one carload a week arriving. There is a slight change in price. Write for quotations.

QUALITY. Our customers say it is the best that has been sold in the Annapolis Valley.

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ROOSEVELT IN CAMPAIGN.

Boston, Feb. 26.—"We're in the fight. That's all," said Colonel Theodore Roosevelt today. It was his only comment upon his statement issued yesterday that he would accept the presidential nomination if offered to him.

With Col. Roosevelt squarely on record, the active work of getting together a Roosevelt organization was begun here today. The Colonel had an early breakfast and was soon hard at work. Telegrams from many parts of the country poured in, and so many men active in politics in New England went to see him that the home of Judge Robert Grant, with whom he was staying was almost filled with visitors early in the day.

URGED TO ENTER PRAY. Colonel Roosevelt was urged to roll up his sleeves and throw himself into the fray. He let it be known, however, that for the present, at least, he intended to do little, preferring to await indications of the effect of his announcement. When questioned as to plans for the campaign Mr. Roosevelt said that he was taking no active steps at present. He said, however, that whether or not he embarked upon a speaking campaign he would reiterate time after time, his belief in the political principles which he set forth in his speech at Columbus, Ohio. It is upon this platform that the Roosevelt campaign is to be fought.

MOTHERS OF MEN. Mothers of men! The words are good indeed in the saying—Pride in the very sound of them, sense in the sense of them; then why is it their faces haunt me—wistful faces, as praying Ever some dear thing vanished and ever a hope decaying—Mothers of men? Mothers of men, most patient, tenderly slow to discover The loss of the old allegiance that may not return again. You give a man to the world, you give a woman a lover; Where is your solace, then, when the time of giving is over. Mothers of men? Mothers of men! Yet surely the title is worth the earning. You who are brave in feigning, must I ever behold you, then, By the door of an empty heart, with the lamp of faith still burning. Watching the ways of life for the sight of a child returning. Mothers of men? —Theodosia Garrison, in Munsey's Magazine.

BRITISH GOVERNMENT MAY OPERATE THE MINES.

Reported That Premier Has Determined Upon Plan to Avert Panic.

London, Feb. 26.—It is reported in Radical circles today that Premier Asquith has determined in the event of a national coal strike that the Government will take over and work temporarily all the coal mines and thus prevent a panic in prices. The committee of the cabinet under the presidency of Premier Asquith, met the coal owners at the Foreign Office again this afternoon and owners were able to give Mr. Asquith and his colleagues a report showing that considerable advance toward peace had been made since Friday last.

As the result of a collision between two trains in the Hoosac Tunnel near North Adams, Mass., four persons are dead. The wreckage took fire and seventeen freight cars were destroyed.

FACTORY WRECKED BY TERRIFIC GALE

Foreman and Manager Injured and Property Loss Will be Heavy

Godsrich, Ont., Feb. 26.—The wheel rig factory was badly damaged when the roof and the walls of the top story in the north and east sides were blown off during the terrific gale. Pritchard, a foreman, was seriously injured and Manager Brandt received a bad cut in the head. The loss will run up into thousands of dollars. A large quantity of the factory's wares are exposed to the weather, and will suffer considerable before they can be removed. The factory employs about fifty hands and it is remarkable that more were not injured.

TEN KILLED IN ARKANSAS TORNADO

Twenty-five Persons Were Severely Hurt and Many Houses Wrecked.

Little Rock, Ark., Feb. 26.—Details of a double tornado which devastated portions of Lincoln, Jefferson and Arkansas Counties on Sunday morning, placed at least twenty-five persons severely hurt. Handsome homes, plantation equipment, rice and other stations caught in the path of the storm were wrecked. Fire broke out in the debris of a number of the destroyed residences and only the rain that accompanied the storm saved any of those who had sought refuge in the buildings from cremation.

You judge a man not by what he promises to do but by what he has done. That is the only true test. Chamberlain's Cough Remedy judged by this standard has no superior. People everywhere speak of it in the highest terms of praise. For sale by druggists and dealers.

NOVA SCOTIA'S EXAMPLE

The governor's speech at the opening of the Nova Scotia legislature contained this reference to technical education:—

"The number of students in engineering at the Technical College shows a satisfactory increase over the previous year. A building for a Mining and Metallurgical Laboratory has been erected and is being equipped with modern apparatus. This will serve for the instruction of engineering students and for industrial research into problems connected with the coal, metallic ores, clays and other minerals of the province. The evening technical schools in the various communities have a larger attendance of young men and women who work during the day and prepare themselves for greater responsibility by study at night. The people of this province are appreciating more and more every year the opportunities which this practical education, supplementing the common school system, affords for those who are compelled to become wage-earners early in life."

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