

Care of Children's Eyes.

Precautions Often Neglected by Parents.

Steps Taken to Examine the Eyes of Pupils in the Public Schools—An Oculist Tells of the Importance of the Project—Necessity of Watching the Eyes of the Young.

[New York Sun.]

Nine mothers out of ten neglect the eyes of their children. The question is often asked, "Why do we see so many children wearing glasses nowadays?" Eye specialists reply with another question, "Why do we see so few young people wearing glasses?" and they answer their own question by saying, "Because parents are so ignorant of the importance of caring for the eyes of their children." The average mother looks after the teeth of her babies from almost the time that the first little grains of rice, as she calls them, make their appearance, but it does not always occur to her that the color, brightness, and shape of the eyes in a child may lead to poor sight or even blindness.

An effort is being made in the public schools of this city to have a care for the eyes of the children, but those interested are hampered by want of money to carry on the work. For ten years or more Superintendent James has been interested in looking after the eyes of the public school children, not merely so far as diseases of the eye are concerned, but also as to the day is and simple. He says that the day is surely coming when the eyes of each individual pupil will be examined by a specialist, and those that are not normal will be properly cared for.

"Such a reform," he continued, "cannot be effected in a day or two. It takes both time and money, but it will come." Last June the president of the board of education appointed a commission of three experts among the three oculists of the city to report to the board on the desirability of having the eyes of the children examined. The commission's report was made last week, and the board expressed a wish that a commission of experts might be appointed and paid by the board of health, whose duty should be to examine the children of the public schools with reference to defective sight and hearing, defective breathing, and any abnormal or defective physical condition.

Toward the last of October Dr. Chas. Steadman, Bull, Dr. Henry D. Noyes, and Dr. Emil Gruening, the commission, reported that they had visited a large number of schools. They suggested that it was not advisable to place blackboards on the wall directly opposite the windows in any classroom, as was done in several buildings. They found that the blackboards were placed directly in front of the windows, so that the light was not reflected in the eyes of the pupils. They objected to painting the wall space between the sills and the chair rail a dark maroon, as that made a too marked contrast with the side walls. They advised the use of dark yellow or light brown without any mixture of red, and suggested light buff tints for ceiling and side walls as satisfactory to eyes of teachers and pupils. These authorities reported that the quantity of light in a room was greatly influenced by the color on the walls, and that the red end of the spectrum should never be used in decorating schoolrooms, as much light was lost in the employment of certain colors. Lighter and more delicate shades, such as yellow or gray, were suggested as the best. The quantity of light in a room also varied greatly, and the colored woods for all school furniture and the woodwork of the buildings. The building committee is doing all it can toward carrying out the suggestions of this special commission so far as concerns locating blackboards, arranging desks that the light may fall on them properly, and in decorating walls and ceilings.

"That is a step in the right direction," said a prominent eye specialist, speaking of this effort of the school board, "but the care of a child's eyes should begin at home long before he enters a kindergarten."

"Really the care of the eyes should begin before the birth of one's great-grandmother, but since ancestors took no thought of this precaution in our favor, we must do the best we can for ourselves by having our eyes examined comparatively frequently, and by taking good care of them if they prove normal, or by treating them properly if not normal. It would shock many a mother to learn that her child is blind through her own ignorant carelessness, and yet this is true in a great many cases. Our asylums for the blind are filled with people shut out from the light because their eyes were not cared for when they were young. The educated, thoughtful mother of today who neglects a child's eyes is almost certainly a criminal. The child's eyes are the most important part of his body, and it is the mother's duty to look after them in the right way, his actions and speech not only denote his character, but also his mental and moral condition. The child's eyes are the windows of his soul, and it is the mother's duty to keep them clear. The ignorant mother calls this manner of neglecting the child to keep it up. These headaches are as common to childhood as rheumatism, which parents tell the little sufferers is nothing but growing pains, and nine times out of ten are the direct result of eye strain."

"Eye strain is frequent in children without the resultant headache. It is

CATARH SUBJECTS



This dread malady lurks behind the most important head colds, and when the seeds of disease are sown steals away the beauty bloom and makes life a pleasure a misery.

DR. AGNEW'S CATARRH POWDER will cure the incipient cold and the most stubborn and chronic Catarrh cases. It puts back the pink and sheds sunshine in its trail.

"My wife and I were both troubled with distressing Catarrh, but we have enjoyed freedom from its distresses since the first application of Dr. Agnew's Catarrh Powder. It acts instantaneously, gives grateful relief in 10 minutes, and we believe there is no case so deeply seated in the eye as it cures."—Rev. D. B. Moore, New York.

rarely recognized by mothers, though. Many people ask why so many folks, particularly children, are wearing glasses for this being the case. First of all, our ancestors were careless about their eyes, and then the methods of modern civilization are extremely trying to the eyes, and last of all, people are being gradually educated to the necessity of wearing glasses. The environment of our forefathers and our own environment combined are the conditions that put glasses on so many noses.

Take the Indians, for example. You never found an Indian raised on the plains in need of glasses for any condition of the eyes except that of old cotton field negro with other than a mal eyesight. Seamen and their children of seamen have proverbially good eyes. On the other hand, the Germans are notoriously myopic. What do I mean by that? They are given to a state of refraction, not eye diseases, state of things a little which the German father would not accept a child as his unless it was born with glasses, but he was almost blind in making the statement. This can be accounted for on two grounds. An American may be just as studious as a German, but he is not so studious while devoting himself to his book, he covers a lot of ground and changes his vision constantly. Not so with the German. He limits his range of vision to such a short distance that the muscles of accommodation known as the ciliary muscle, whose business it is to adapt the eye so that it may see objects close at hand, is in a constant state of contraction. There is no muscle in the body intended to be in this condition. Even the muscles of the heart have regular periods of rest. Any body with ordinary gumption can read, gently overworked, overexerted, must cry out in the only way that a muscle can—that it is in pain. This accounts for the many conditions of so-called neuralgia and rheumatism of the head, from which our grandparents suffered through their ignorance and the ignorance of the doctors of their time.

This continued dragging and pulling on the ciliary muscle is bound after a time to have a bad effect on so delicate an organ as the eye, and by changing or interfering with the passing and exit of the fluids through the interior of the eye, give rise to a generation and disease of the delicate coatings in the interior. Eventually it leads into an elongation of the eyeball which is a condition known as myopia or nearsightedness. Many a child can thank its mother for being so near-sighted. She has encouraged some strain over books for first honor or some silly prize and the result is a bad case of near-sightedness. The elongation of the eyeball is not a rule, but it certainly is, and when such is the case a confinement over books will surely lead to a bad case of near-sightedness.

"When a child has what is known as far-sightedness, or hypermetropia, the light led in the open is not nearly so far as it should be, and the result is a bad case of near-sightedness. If a far-sighted child is allowed to read, he will play in the country or in the park the best part of his time, it will probably go through its whole life without any eye trouble. Far-sightedness has many theories as to its cause, but most authorities agree that it turns out near-sightedness if the subject does continuing work. Because a child sees as well as its parents, it is not straightened out permanently by the use of glasses, and much mental irritation consequent upon continual pain avoided later in life."

"Mothers do not always attend promptly to signs of inflammation about the eyes of their children. It is seldom that an eye specialist sees a case unless it has been referred to him by the family doctor after he has examined the child's eyes. Few families realize that a few far-sightedness or any of the conditions mentioned, the teacher in direct charge of the system was once established, and would be but little trouble. A general examination of the eyes would hardly be necessary more than once a year."

"The regular examination of a child's eyes should begin at birth and should be made by an eye specialist. It is a simple enough matter to examine a child's eyes, and an expert does it very rapidly by means of a little instrument known as the ophthalmoscope. With only those eyes showing a condition other than normal by this instrument would it be necessary to go through a longer and more thorough examination. The moment that a mother, be she poor or rich, sees that a child's eyes are inflamed in the least, she should take it to a specialist. Those who are not able to pay for advice should patronize the dispensary where special attention is given to the eyes. 'Is color blindness common?' asked the reporter."

"Not very," answered the physician. "A lot of people are color blind and yet can differentiate between colors, but not shades of color. It is only by very careful testing that color blindness can be discovered, and it is sometimes the forerunner of atrophy of the optic nerve. The sense of green goes first, then red, then blue, and finally white. A condition of color blindness is seldom called to the attention of the specialist. True, examinations as to color blindness are made by railroad managers in employing men, as a protection to themselves and the traveling public, but as this is about the only occupation where busi-

ness interests and life itself depend on a differentiation of colors, it hardly feels that it would be wise or just in this proposed examination of the eyes of all children to tack upon them the stigma of being color blind."

Mothers should not allow growing boys and girls to read or study at night, and they should train them to change the range of vision frequently. A child 3 or 4 years can be taught that when his eyes are tired from looking at objects close to it, it will rest them to look at things off in the distance. Children should also be taught to read and study sitting in almost a vertical position, with the book nearly on a level with the eyes, and at an angle so that the light shines on it from over the shoulder. The so-called simple remedies for the eyes and inflamed eyes should be shunned as we shun a plague. Poultices of bread and milk, camomile and tea leaves, and applications of rose water, belladonna, witch hazel and so on are very injurious. No hot or even warm applications should be used on the eyes unless directed by a specialist. More ulcers of the eye are the result of such home treatment than of any other cause. In removing foreign bodies from the eye the lined or eyelid should never be resorted to, for, in the first place, it is liable to pass from view behind the lid, often causing additional inflammation, and then it is an excellent vehicle for germs."

A Smile: A Laugh.

"This is not a smoking-car."

"I know it, sort. I'm not smoking."

"But you've got your pipe in your mouth."

"Yes, sort, an' I've got my feet in me boots, but I'm not walkin', sort."

"Have you followed my argument?" Inquired the gentleman who was short on ideas and long on words. "Yes," replied his impatient friend; "but I tell you candidly I'd quit my company right here if I thought I could find my way back."

Playing for Safety.—"I guess, said Maude, thoughtfully, "that I play anything but classical music hereafter."

"But a great many people don't enjoy it," said Mamie. "I know it. But they have to say 'Yes,' and they don't know whether I make mistakes or not."

"Habit is hard to remove. If you take the first letter, 'a,' left, if you take off another letter, you still have a 'bit' left. While if you take off another the whole of 'it' remains. If you remove another it is not 'it' totally used up. All of which goes to show that if you wish to get rid of a bad habit you must shake it off altogether."

Their First Trip to Town.—Here's some more of the horrible tales of them monopolists," said Farmer Hayton, as he hung his coat over the bed.

"Goodness! Where?" asked his wife. "Here's a sign what says, 'Don't blow out the gas.' They make these folks burn it all night, so's to run up their bills on 'em!"

Doubtful party (to a gentleman)—Can you assist me, sir, to a trifle? I'm stranger in a strange land, 15,000 miles from home."

Gentleman—My goodness! Where is your home?"

Doubtful party—Australia. Gentlemen handling him a copper)—How do you expect to get back there? Well, if I don't get back in this, sir, I suppose I'll have to walk."

Mrs. N. has a nice little daughter named Nancy. One occasion Nancy came to her mother and said: "Mamma, do you like stories?"

"Yes," said her mamma, "if they're true stories."

"This one is. Do you get mad when people tell you nice, true stories?"

"Why, never. It's just good manners to get mad when a person tells you a nice story."

"All right," said Nancy. "Once upon a time there was a little girl, and she got into the pantry and ate almost all the jelly in a jar. Her mother found out, and she said, 'You naughty girl, you! You've eaten all the jelly!'"

"There is no danger of that," said the young lady, "but you may get well before John returns."

PREACHERS AND PEOPLE OF ONE MIND.

A Host of Witnesses Tell of the Wonderful Cures Effected by Dr. Agnew's Catarrh Powder.

Right Rev. Bishop Sweatman, D.D.; Rev. W. H. Withrow, D.D.; Rev. Munroe, D.D.; and others sound its praises. It cures young and old. Mrs. George Graves, Ingersoll, writes: "My little daughter, aged 13 years, suffered from catarrh of the very worst kind. No physician or remedy cured, until we used Dr. Agnew's Catarrh Powder, and using two bottles my child was completely cured. It is a pleasant, safe and speedy remedy for Catarrh, Hay Fever, Colds, Headache, Sore Throat, Tonsillitis and all the ailments of the throat and lungs."

Sold by W. S. B. Barkwell and all druggists.

TOO LATE. A young man, upon whose upper lip the first faint signs of adolescence had begun to manifest themselves, had become deeply enamored of a maiden several years his senior.

His home, and hers as well, was in an ancient college town in the middle West, among whose municipal regulations—but let us not anticipate. He had been under the influence of the tender passion for a period certainly not less than four weeks, and could wait no longer to know his fate. It was a fine evening, and he was walking down the sidewalk in front of her home until nearly 9 o'clock, when he was admitted. The young lady, who had been waiting in the parlor, and without the least hesitation, declared herself in the most implicit manner.

There was a brief silence. Then the deep tones of a distant bell were heard.

"Harry," she said, patting him gently on the head, "there goes the curfew. Come earlier next time. Good night!"

We Eat Many Tons.

Enormous Amount of Food That Is Consumed by a Man in Seventy Years.

An article by Mr. P. W. Everett, Fellow of the Royal Statistical Society, in which is calculated the enormous amount of food and drink consumed by a healthy man in a 70-year life, appears in Pearson's Magazine. The most remarkable results at which he arrives are rendered more striking by the accompanying photographic designs. We quote a few interesting conclusions:

In one day a healthy man will eat, on an average, one and a half pounds of bread in the form of the white or brown loaf, biscuits, pastas, scones and the like, all of which, of course, have their essential element baked into them. For the first ten years of life and the last ten we will assume that only our typical man consumes, on an average, one and one-half pounds of bread each day for 60 years. This works out at between 14 and 15 tons of bread in a lifetime!

Meat is an important item. The man who regularly partakes of two rashers of bacon for breakfast and his chop for lunch and half a pound of steak for dinner, being required to order his life's supply of meat at birth, could put it this way: Slices of bacon to reach from Westminster Abbey to St. Paul's; all the beef on 20 full-sized bullocks.

Before dismissing the statistics of the food consumption for those of the drink consumption, let us take stock up to this point. Allowing our man 1½ pounds of bread each day, one pound of flesh foods, one-half pound of fish, two pounds of vegetables and fruit and one-half pound of sundries, we have a total of 5½ pounds of solid food daily, or nearly a ton a year! Taking this average to extend over 60 years, the exact weight of solid food consumed in a lifetime is very approximately 32½ tons.

The liquid refreshment of the inner man will provide some statistics of a hardly less startling nature. Three pints of liquid daily, a fair average consumption, taking winter and summer together, means three pints a day, or 1,095 pints a year, and, for a lifetime of 70 years, 76,650 pints, or roughly, 76,700 pints, allowing for the extra days in the leap years. The weight of this 76,700 pints of liquid amounts to 42½ tons.

Altogether, then, the healthy man, with a good appetite and average drinking capacity, assimilates into his system during his 70 years 80½ tons of material, solid and liquid, or putting it in another way, and assuming his weight to be 12 stone, he consumes over 1,280 times his own weight of nourishment in the course of a lifetime.

INVESTMENTS IN PHILANTHROPY

It is now about five years since Lord Rowton, who was a member of the House of Commons, undertook to demonstrate that judicious philanthropy "paid" by opening Rowton House, a great hotel for the London homeless, in which a man can be at the cost of sixpence a day.

Handsomely equipped and judiciously managed, the house returned 5 per cent on the capital invested. The result warranted other like work, and three weeks ago, and two more are building. In New York the same idea has been successfully applied of late by Mr. D. Ogden Mills.

The Rowton House, like "Mills House," offers home comforts and the things like club luxuries, the poor man who has nothing better than the cheap lodging-house and the saloon. His time for all his his own; he has a right to the kitchen, the bath-room and the library; he can smoke and talk and write or read. The smallest of his wishes is met, but price he pays is the feeling of pauperism. He is proud that he has a home in the house.

We quote the London, rather than the New York, experience, for the reason that the Rowton Houses have had time to establish a record. Results in decorous surroundings; and the most hopeless gain courage from an environment of comfort.

Naturally the Rowton Houses have elevated the neighborhoods in which they are located. "Cheap lodgings" are no more. Saloons that used to be poor man's club—as the apologetic phrase goes—attract few loungers. The street corners are almost bare of idle and mischievous men.

In short, 2,000 persons directly, and many thousands indirectly, have been helped by the Rowton Houses to help themselves—and have willingly paid for the help.

We commend the facts to the people who feel that the very poor are beyond relief; to others, who wish to know what may be done to help them; in common-sense philanthropy; above all, to persons who, when they invest money, like to find not only the present personal interest but the future general good.—Trotter's Companion.

Accountant. FRANCIS G. JEWELL, 388 Richmond Street, E. L. 162.

Auctioneer, Storage and Moving. PORTER & CO., phone 1,162.

Artists. MILLER'S ELECTRIC PARCEL EXPRESS, 228 Dundas, phone 826.

Architects. J. P. HUNT, 344 Dundas street.

Banks. J. A. GAULD, 189 Dundas.

Blank Book Manufacturers. REID BROS. & CO., 391 Clarence.

Brushes. THOMAS BRYAN, 61 Dundas street.

Building and Loan Companies. BIRKBECK LOAN CO., 169 Dundas.

Bill Posters. PEOPLE'S BUILDING AND LOAN ASSOCIATION, Molsons Bank Bldg.

Books and Stationery. BELTON & ROOT, Opera House.

Combination Organ. JAS. I. ANDERSON & CO., 183 Dundas.

Clothing. SCRIBNER ORGAN AND MFG. CO.

Coal, Wood and Coke. BURNS & LEWIS, 237 Richmond.

Cigar Manufacturers. R. GREENE MFG. CO., 137 Carling.

Confectionery. LONDON PANT AND OVERALL MFG. CO.

Dyers and Cleaners. HUNT BROS., 363 Richmond street.

Engines and Boilers. KING BOLT CIGAR CO., phone 516.

Fancy Drygoods and Millinery. JOHN FRIED, 117 Dundas street.

French P.D. Corsets. STOCKWELL'S, 259 Dundas street.

Grocery Broker. R.C. STRUTHERS & CO., Rich & York.

Hats and Furs. ROBINSON, LITTLE & CO., 243 Rich.

Hardware. FRASER, McMillan & Co., Rich St.

Hobbs Hardware Co., 339 Rich.

John Bowman Hardware Co., PANY, York street.

Hairdressers. JOHN PARK, Market House.

Iron, Brass and Wire Works. DENNIS WIRE & IRON CO., King.

Insurance. SUN LIFE ASS. CO., A. Macgregor, apt.

Northern Life, Masonic Temple.

Leather. GEO. KERR, 353 Richmond street.

Lumber Boxes. LONDON BOX MFG. & LUMBER CO. (Limited).

Monument Manufacturers. LETHBRIDGE BROS., Talbot & Carl.

Old Books and Curiosities. JOHN CONNOR, 325 Richmond St.

Paper Box Manufacturers. GEO. BAYLEY, 80 Dundas street.

Reid Bros. & Co., 391 Clarence St.

Physicians' Supplies. W. E. SAUNDERS & CO., 352 Clarence.

Pork Packers. JOHN PARK, Market House.

Plumbing Supplies. W. H. HEARD & CO., 357 Richmond.

Shoe Uppers. R. F. LACEY & CO., 293 Clarence St.

Sign Writers. MORRISON & CURTIS, 255 Dundas.

Tea Importers. MARSHALL BROS. & CO., 67 Dundas.

Veterinary Surgeon and Horse Shoes. J. A. TANCOCK, 84 King street.

Wholesale Druggists. JAS. A. KENNEDY & CO., 242 Rich.

Wholesale Jewellers. J. & J. A. STEVENSON, 115 Carling.

Wholesale Grocers. A. M. SMITH & CO., 178 York street.

T. B. ESCOTT, 146 York street.

ELLIOTT, MARR & CO., 333 Rich.

Woolens and Gents' Furnishings. A. E. FAYE & CO., 321 Richmond.

Walter Baker & Co., Limited.

Dorchester, Mass., U. S. A. The Oldest and Largest Manufacturers of PURE, HIGH GRADE

Cocoas and Chocolates

on this Continent. No Chemicals are used in their manufacture. Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A. CANADIAN HOUSE, 6 Hospital St., Montreal.

Williams' Music House

Just the Place to Buy Musical Instruments.

Bargains in Williams Pianos.

Bargains in Musical Merchandise.

Williams' Music House

171 DUNDAS STREET.

French P.D. Corsets.

The Celebrated P. D. Corsets are absolutely without rival in natural occupy the FIRST POSITION in the World's Corset trade. P. D. Corsets are tailor cut and hand finished and only the very Best Materials are used in manufacturing these nonpareil goods.

They have been awarded Ten Gold Medals and received again the Highest Prizes in Brussels in 1897, which shows the merits of these corsets.

To be obtained at all leading drygoods stores from \$1 to \$30 per pair.

BUSINESS DIRECTORY

Ready Reference Guide of London

Banks, Wholesale Dealers & Manufacturers

Accountant. FRANCIS G. JEWELL, 388 Richmond Street, E. L. 162.

Auctioneer, Storage and Moving. PORTER & CO., phone 1,162.

Artists. MILLER'S ELECTRIC PARCEL EXPRESS, 228 Dundas, phone 826.

Architects. J. P. HUNT, 344 Dundas street.

Banks. J. A. GAULD, 189 Dundas.

Blank Book Manufacturers. REID BROS. & CO., 391 Clarence.

Brushes. THOMAS BRYAN, 61 Dundas street.

Building and Loan Companies. BIRKBECK LOAN CO., 169 Dundas.

Bill Posters. PEOPLE'S BUILDING AND LOAN ASSOCIATION, Molsons Bank Bldg.

Books and Stationery. BELTON & ROOT, Opera House.

Combination Organ. JAS. I. ANDERSON & CO., 183 Dundas.

Clothing. SCRIBNER ORGAN AND MFG. CO.

Coal, Wood and Coke. BURNS & LEWIS, 237 Richmond.

Cigar Manufacturers. R. GREENE MFG. CO., 137 Carling.

Confectionery. LONDON PANT AND OVERALL MFG. CO.

Dyers and Cleaners. HUNT BROS., 363 Richmond street.

Engines and Boilers. KING BOLT CIGAR CO., phone 516.

Fancy Drygoods and Millinery. JOHN FRIED, 117 Dundas street.

French P.D. Corsets. STOCKWELL'S, 259 Dundas street.

Grocery Broker. R.C. STRUTHERS & CO., Rich & York.

Hats and Furs. ROBINSON, LITTLE & CO., 243 Rich.

Hardware. FRASER, McMillan & Co., Rich St.

Hobbs Hardware Co., 339 Rich.

John Bowman Hardware Co., PANY, York street.

Hairdressers. JOHN PARK, Market House.

Iron, Brass and Wire Works. DENNIS WIRE & IRON CO., King.

Insurance. SUN LIFE ASS. CO., A. Macgregor, apt.

Northern