

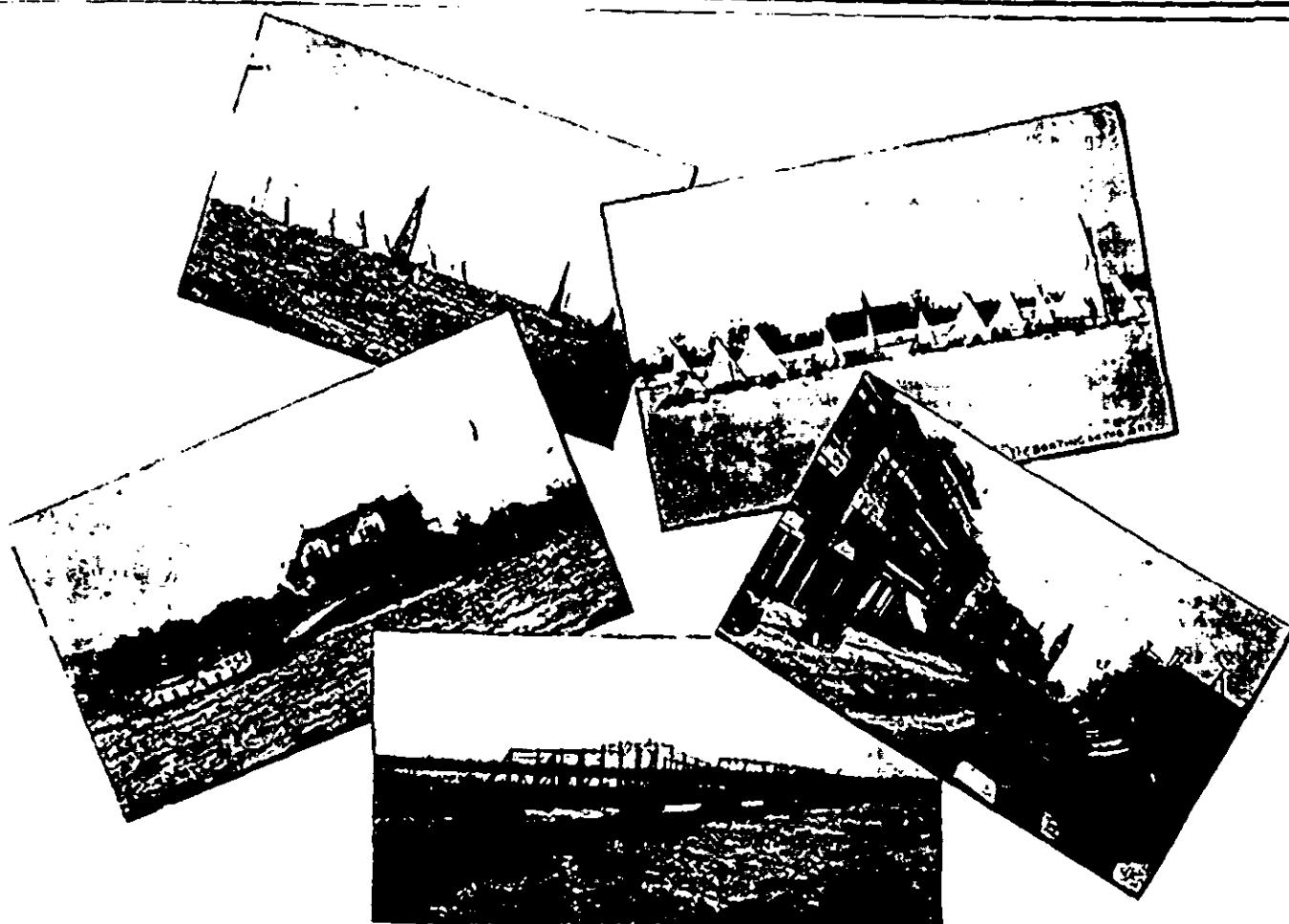
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VIEWS OF BELLEVILLE.

INSTITUTION FOR THE DEAF & DUMB
BELLEVILLE, ONTARIO
CANADA.



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Government Inspector:
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E. BAKINS, M. D. Physician
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JOHN MOORE, Farmer and Gardener.



I'm Growing Old

BY REV. J. L. S. OTT, D. D.

I find I'm growing old, boys,
And more so every day
Nor can I play the games, boys,
That once I used to play
I once could jump the rope, boys
A hundred times and four
Then backward jump again, boys
As many times or more
And then there was 'leppy' boys
One counted up to ten,
And what a race it was, boys
Who first should reach the ten
What fun we had at ball, boys,
Down yonder on the flat,
And how we used to fight, boys
When tossing for the bat
I've found it more than play, boys,
This tussling for a place,
And gains a bit one makes, boys
Then goes out on the base
But now I'm getting old, boys,
The game is nearly done,
And though it isn't far, boys
I cannot home the run
And yet somehow I feel, boys
That when the game is over
We'll hear the umpire say, boys
The old man's made a score
Then play the best you can, boys
And stay the innings through
You'll find the score at last, boys
In what you tried to do



Care of the Eyes.

Myopia and astigmatism are so rapidly increasing that parents, teachers, and pupils should be alert to care for these organs of vision.
If reading, do not look too long at a white page, closely printed, but occasionally lift the eyes to rest for a few seconds on some plain, dark surface.
If on a boat and the sun shines on the water, turn your back to the sun. The dancing of the glistening waves is all

that you ought to stand at once, and a few seconds of steady looking in the boat, a ray from both sun and water, will rest them.
For a long sleigh-ride on a bright day with sparkling snow on either side, blue or green glasses or veil will modify the effect of the general glare and glisten.
If reading, turn the back or side—preferably the left—to the window or other light. If reading by artificial light of any kind, insist upon a shade, and avoid a lamp set on a red table spread. Cover the spread with a newspaper or white towel, if you can do no better. Used is a specially bad reflector of light.
Sleep in a dark room, and if there are no blinds nor dark shades to the windows, hang up something extra. Eyes that have not been used to the dark in sleep give out early in life. A certain amount of sleep is absolutely necessary for eyesight, and even the mere closing of the eyes half a minute at a time, as frequently as possible all day, is a wonderful help.
Cleanliness is necessary for the eyes, and cold water is "freshening." Hot water is restful, and cloths wrung from it and laid on the eyes will reduce pains, aches, inflammation, swelling, and nervousness.
If you need glasses, wear them! But by all means have them fitted! Don't let anyone but a "specialist" test or fit your eyes any quicker than you'd let a blacksmith repair your watch.
A flax seed will dislodge dirt, cinders, or other foreign matter without pain, trouble, or expense. Put it right into the eye, under the lid, and it will chase and expel the intruder.
Do not get in the habit of stooping to accommodate your eyes. Bring up your work, if necessary.
Do not read while in motion—rocking, walking, or riding. The constantly changing focus is exceedingly injurious.
Never look steadily at a bright light. If obliged to do it at all, look off as much as possible.
A plain diet will help toward good eyesight. So will common sense. In fact, common sense is at a premium

almost everywhere in the department of physical culture.
Crying is bad for the eyes; but as everybody cries, it is well to know that an application of very hot water, applied gently, will alleviate the bad effect.—Adapted from School News.
A Deaf and Dumb High Caste Widow.
By Miss MINNIE F. ABRAMS IN THE "INDIAN WITNESS."
During the past month a great and genuine revival has taken place in Paudita Ramabai's Institution for high caste widows. This revival not only prevailed among those who have been rescued from famine, but reached to a goodly number of the widows who were formerly in the Home.
When the Pandita was bringing widows from the Central Provinces a deaf and dumb woman insisted on coming. The Pandita refused to bring her. She came and sat in the train. They made her understand that she could not be taken. She told them by signs that she would grind, cook, wash clothes, scrub, etc. She literally refused to leave the train, and at the last minute the Pandita laughed and bought her a ticket. She has been true to her word and works cheerfully.
She always preserves a reverent attitude during worship. When the women were asking the Pandita for baptism, she persisted in having her name written. Pandita tried to put her aside, but again she was persistent. One day she arose to testify. We all felt God's presence as she stood in silent eloquence before God. The girls said aloud, "Mookkie knows God as well as we." On two occasions she tried to speak and made a low sound. The girls all think God will teach her to speak. She received baptism with the others. While the services were going on, one day she brought two children to the altar, closed their eyes and then closed her own in prayer. All who contributed toward this famine work will rejoice at this bountiful harvest of souls.