## THE EYE AND HOW TO TAKE CARE OF IT

**Instructive Address by Dr. McCulloch to the Women's Institute at Queen Alexandra School**

The regular monthly meeting of the Women's Institute of the Queen Alexandra school was held yesterday afternoon.

Dr. McCulloch gave an interesting talk on the eye, the care of it, causes of eye-defects and how to remedy them, which was of great value to the school children and adults present. Following Dr. McCulloch's talk a musical program in charge of Mrs. Wagner was given. It opened with a paper on the service rendered to the public by Music teachers giving their services willingly and as freely as possible. By so doing they would be a valuable asset to the public.

A duet by Miss Bradley, deaconess and Mrs. Wagner was played, and Mrs. Allen gave a vocal solo. She captivated her audience as usual and kindly consented to give an encore. Miss Grace Boyle and Mrs. Wagner also played a duet. Miss Gracie Boyle shows decided talent.

A few of the remarks made by Dr McCulloch on the eye were as follows. The eye can be compared to a camera, it is built like one. Back of the camera is a film or sensitive plate which registers. Strong light is unexpectedly in to the eye is damaging such as the flashing of light by small mirrors, etc. First rule. To prevent strong light. For first few weeks of a child's life the eye is very sensitive. Avoid taking very young children in strong light. Cases of blindness have been known by looking at an eclipse of sun. Ras are too strong and the eye is permanently damaged. As child grows older, some important points to remember are—Never give children small bright beads, or toys or bits of fine sewing which involve fine work. This is detrimental to eyes which also applies to kindergarten work. As far as eyes are concerned a child should not start to go to school until she or he is seven or eight years old. Normal eyesight, some important points to remember are, not to let any direct strong light on the eye. To know if eyes are normal, examination can be done as well by teachers as by eye experts. Avoid reading in poor light by beginning to read in good light then reading on until it grows dark. Never buy a book with fine print. Light yellow paper is better for eyes. Position for reading is to allow light to fall over left shoulder. Never read lying down. Sitting up is best position to take, while reading with lines of paper top and bottom run direct

to eye. Red eye-lids is one form of eye strain Sight—Not realising one's vision is poor by being short-sighted. Long-sightedness is more common than short-sightedness. Ninety-five per cent is long-sightedness with long-sightedness the sight eventually grows poor. Long-sightedness is common symptom of eye-strain. Normal eyes should always be at rest. The age of 45 is usual age for normal sight growing poorer and the eye should be helped out by glasses. Powerful rays X-rays is exceedingly dangerous if they get directly into the eye. Amber glasses worn will pretty well cut off X-rays. If one is sure of eyes being normal, when eye-sight grows poorer, No. 1 standard glasses are the right kind to use. Sometimes eye is injured by getting wrong glasses. Better to have examination by eye expert to make sure of getting right kind of glasses. Eye trouble among children now is more prevalent because they do more fine work in the present age. In Germany much more eye trouble is known there. Eye-sight is sometimes lost by getting a splinter in the eye from boys splitting wood, etc., also by aiming weapons in play. You can guard against this by aiming carefully. Another disease which is very prevalent amongst foreigners is Tracoma. It is very contagious. Guard against this disease by not using others towels or handkerchiefs. About five per cent. of eye trouble is defect in vision. Another thing which is exceedingly serious is being cross-eyed. It can be corrected when child is very young. By having it to be remedied for four or five years is sometimes very difficult to remedy. Headache is another symptom of eye trouble, pain about eyes, etc. Diseases may affect the eyes. See every year or so bad results by neglecting to consult an eye doctor or oculist. Book with glazed paper is also bad for the eyes by holding the book so that the paper glitters. Hold it so as light will not strike it by tilting paper. Avoid fine print.

After the program a business meeting was held. The Women's Institute of Queen Alexandra school is most successful. As competition cannot be shown towards Mrs. Graham as she organised the Institute and it is through her efforts and suggestion the All Round Girls' Club and skating rink at school has been organised. It will be gratifying to her to know that the club has now 64 members.

## NEW JOURNALISTIC ENTERPRISE

We have before us volume I, number 1 of "Mine, Quarry and Derrick," a new journalistic venture that has been launched in the city of Calgary, Alta. The paper will bear especial interest because two Belleville boys are associated with its management and editorial staff. Mr. W. C. McGinnis, son of Mr Arthur McGinnis of this city, is associate editor, and Mr. Gerald M. Ponton, son of Col. Ponton, is a contributing editor. The paper, or rather magazine, will be issued fortnightly and will deal principally with the technical and other problems surrounding such interests as coal mining, quarrying, cement manufacture, clay products, oil refining metal mining and even the agricultural resources of the great West.

The magazine is beautifully printed and the special articles readable and informative. The Ontario joins in wishing the new publication and its energetic management the greatest measure of prosperity and success.

### GOOD-BYE, OLD BACKACHE
### NERVILINE WILL FIX YOU !

Stiffness is Rubbed Right Out; Every Sign of Pain Disappears.

Gee whiz—think of it!

No more stomach dosing necessary to cure your lame back.

Every trace of lameness, every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline."

No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-weary sufferer as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For lumbago or sciatica you would go far to find relief so speedy as Nerviline gives. For chronic rheumatism there are pine-destroying properties in Nerviline that gives it first rank. The way it limbers up a stiff joint and takes soreness out of strained or rheumatic muscles is simply a wonder.

If you have an ache or a pain anywhere, if you have a sore back, a stiff neck, a stiff joint, a strained muscle—if you have lumbago, congested chest or sore throat, just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly. The large 50c. family size bottle is the most economical, of course, but you can, from any dealer, also get the 25c. small size of Nerviline, the king of all pain-killing remedies.

## CURLING

A great many enthusiasts watched with interest the senior and junior Eastern League games between Napanee and Belleville, here last night.

### SENIORS

| Belleville | | Napanee | |
|---|---|---|---|
| A McGie | | A L Howard | |
| M Wright | | W A Daly | |
| F Quick | G P | Beiffenbein | |
| J A McFee | | Dr Leonard | |
| Skip | 12 | Skip | 21 |
| W J Cook | | J H S Derry | |
| W N Belair | | H Daly | |
| P McL Forin | | W C Smith | |
| S Robertson | | C I Maybee | |
| Skip | 12 | Skip | 15 |
| | 24 | | 36 |

### JUNIORS

| Belleville | | Napanee | |
|---|---|---|---|
| E Dickens | | P Killorin | |
| J O R McCurdy | | Jas Fitzpatrick | |
| M J Clarke | | J G Daly | |
| M A Day | | W M Maybee | |
| Skip | 19 | Skip | 20 |
| L W Butler | | | |
| F D Diamond | | E J Corkell | |
| J W Davison | | F J Vandaltine | |
| J G Galloway | | M Grattan | |
| Skip | 18 | Skip | 15 |
| | 37 | | 35 |

Be sure and attend the credit Auction at J. W. Caulter's, Lot 4, Con. 5, Thurlow, near east Fairfield's Bridge on Wed. March 3rd at 1 o'clock. High grade Holstein cattle, good horses and implements in first class repair.
11 3tw

## AUTOMOBILES

### To the Intending Automobile Purchasers for the Season of 1915.

We have on hand at our warehouse, the largest exhibit of 1915 automobiles ever shown in this city for sale at reasonable prices. The automobiles are the most up-to-date ever put before the people in this city. We carry a full line of the latest designs including six cylinder seven passengers, four cylinder five passengers and four cylinder roadsters of the different models built by our Company in Oshawa. These are a class of goods that any intending purchaser should see before purchasing elsewhere. It is a great advantage to the people of Belleville and surrounding districts to be able to come into the ware-room and see for themselves the class of goods exhibited such as we offer at the present time. It is not done by any of our competitors and it is of much more advantage to an intending purchaser to see the car for himself than to see a cut of it from a catalogue or demonstrated by some agent. We will be pleased to show you our goods and quote prices and terms. Remember the place, at the end of the lower bridge on the corner of Bridge and Coleman streets.

**McLaughlin Carriage Co.**

### NOTICE.

A public meeting will be held at the Union Cheese Factory on Wed., Feb. 17th at 2 o'clock p.m. for the letting of milk and cheese drawing for the season of 1915.

W. C. Farley, President.
Cannifton, Feb. 6, 1915.    f11-1tw

### WANTED.

$15 weekly for few hours' work in your home locality showing grocery samples to your friends and neighbors. No experience everywhere. Samples free. The Co-Operative Union, Windsor, Ontario.    f11-1tw.

### AUCTION SALE.

Of my stock on lot 16, 4th Con. of Huntingdon, one mile west of Thomasburg, the property of Wm. B. Coulter to be held February 24, 1915. One bay mare rising two years old; one Chestnut Gelding rising two years old; one Holstein Bull rising two years old; 9 Holstein Heifers, rising two years old; six Holstein Calves rising one year old; one registered Yorkshire Boar nine months old; five Yorkshire Brood Sows due to farrow in March; two Seed Drills, Wisner & Noxon; one Walking Plow; one long Sleigh with box; one Shaker Potato Digger; five tons of Timothy Hay; a quantity of straw; 50 bushels of rye; 300 bushels of turnips. Terms of Sale—Seven months' credit by furnishing approved notes.

WM. H. COULTER, Owner.
ANDREW WILSON, Auctioneer.
f11-2tw

The United States Relief Commission in Belgium has offered to buy the cargo of the Wilhelmina.

## HOCKEY

Belleville Hardware ................ 6
Grand Trunk ............................ 5

Contrary to expectations the Tit Bit of the evening in hockey circles at the arena on Monday night was the game between the Hardware and Grand Trunk. The Hardware went out with two wins in their favor and no goals scored against them, while the Grand Trunk contingent were practically an unknown quantity. At 8 p.m. sharp referee Frechette rung up the curtain for the first round and after ten or fifteen minutes' play with the score 2-0 in favor of the Hardware boys matters looked none too good for the Railroaders. Both teams were working like trojans, the G.T.R. to pull down the lead and the Locksmiths to increase the score. Arnott at center was playing a whale of a game and had the hard luck to strike the goal posts with two consecutive shots. Thus round one ended leaving the Hardware with a substantial lead.

Round No. 2 saw the battle royal, when the G.T.R. boys made a change in the line-up putting little Ross on defence and the old reliable 'Peenie' on the wing to deal with Whalen, who by the way was more than a match for Yott in the first period. Yott certainly showed to much better advantage in his new position. This round was all Grand Trunk and after about five minutes' play Beaulac, the flying left wing man sent in the first for the Railroaders. The G T.R. got a taste of the scoring and Arnott who was ably supported by Mills and Taillon sent in three dandies in almost as many minutes; still they were not satisfied with the two goal lead until Mills increased the lead to three and it now looked as if everything was over but the cheering and this round two was concluded.

After the usual ten minute rest 'Bunnie' again got the boys moving and it was now that the real struggle was in progress, the boys from the Iron Road working to maintain the lead and the Hardware to reduce the score and it was at this period that bad feeling began to show and on one or two occasions it looked as if there was to be a little mix-up among some of the players, but—as is usual in all these games things were smoothed over again and the battle continued. Fink, the powerful defence of the G.T.R. got hurt and was compelled to retire which considerably weakened the defence and Yott got a two minute rest in the box for a minor offence and it was here that the Hardware took advantage of the weak spot and rained shots on Charlie Baker, but were only able to tie the score. Now we see everyone following every movement of the game, the supporters of each team yelling their wits out, but the boys on the ice worked as if to save their lives for the lead, but luck favored the Hardware and from what looked to be an off-side they scored the one which each side was struggling so hard for.

For the Grand Trunk Arnott at center, Taillon as rover and Mills on the wing were doing some effective work, and played a game that has been seldom surpassed on Belleville rink.

It is too bad that these games which are for the most part played among boys who were pals at school, play can not be carried out in better spirit and if the referees appointed were somewhat more strict, it would materially improve that hockey in our City Y.M.C.A. League.

The line-up was

| Hardware | | Grand Trunk |
|---|---|---|
| | Goal | |
| Phillips | | Baker |
| | Defence | |
| Flagler | | Yott |
| | Defence | |
| N Goyer | | Fink |
| | Rover | |
| Hogan | | Taillon |
| | Center | |
| Hitenon | | Arnott |
| | Right Wing | |
| Whalen | | Mills |
| | Left Wing | |
| F Goyer | | Beaulac |

### SOLDIER BOY SENDS LETTER OF THANKS

The Royal Templars of Temperance Lodge of Belleville, in December, sent a Christmas gift of a chamois vest to Bro. H. M. Best, one of their members who had volunteered for service with the First Overseas' Contingent. He now holds the responsible position of Quartermaster of the First Brigade, C. E. A. Bro. Best was a powder by trade and was employed by the Allan McFee firm before he left for the front. Following is the letter:

Devizes, Eng. Jan. 16, 1915
Belleville,
Dear Sister:

Your most excellent Christmas Gift received a day or so ago and words can not express my thanks for it. It certainly is a fine vest and every time I wear which is every day, I feel so thankful to the brothers and sisters of the lodge for so generously remembering me. You good the chamois vest has done me, cannot be imagined by those at home for it keeps me so warm and dry and is just the article for the hardships and weather I have to endure. I have shown it to my comrades for their admiration and several since have asked the loan of it, when they had to be out all night, but I always wear it myself.

It is comforting to know that while I am away on duty for my country that those behind are thinking kindly of me. The war, I fear, will be a tedious one; but I hope to return safely and personally thank the members of our lodge for their kindness.

Wishing our lodge every success and praying that God will bless us in renewed efforts of 1915 and wishing all the members, peace, joy and prosperity through this and years to come I remain.

Yours in hope, love and truth,
R M Best

Milwaukie expended $28,475.58 in pensions to worthy mothers in the past year.

Great thought seldom come in every large package.

## FUNERAL OF THE LATE MRS. WHITE

The funeral of the late Eliza White tok place yesterday afternoon from her late residence James Street, the Rev H. S. Osborne officiating at the house and at the grave in Belleville cemetery. Many were present to pay their last respects to the deceased lady and a number of beautiful floral tributes to her memory were sent. The bearers were:

Messrs. A. G. Vermilyea, Wm Black, Robert Baker, W. Smiley Thompson, George Perry, Robert Stevenson. The following flowers were received:

Sheaves:
Mr. and Mrs. E. Linder—Toronto.
Employees A. McGie.
Mr. and Mrs. John Reeves and family.
Mr. and Mrs. O. Brickman.
Mr. and Mrs. C. Baker and family.
Mr. and Mrs. Lounsberry.
Grandchildren.
Mr. and Mrs. Geo. Reeves.
Mrs. W. S. and Gordon Reeves.

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It is in Demand.—So great is the demand for Dr. Thomas' Eclectric Oil that a large factory is kept continually busy making and bottling it. To be in demand shows popular appreciation of this preparation, which stands at the head of proprietary compounds as the leading Oil in the market, and it is generally admitted that it is deserving of the lead.