DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Some "Little Things" May Cause Big Eye Troubles

By DR. LEONARD KEENE HIRSHBERG.

A. B., M. A., M. D. (Johns Hopkins University.)



t think that your eyes will continue

organs, they will be made at least to co-operate in the conspiracy against your anatomical unity and help disrupt

Never Permit Overstrain.

arate in their relaxation and contrac-

unbearable strain. At this point, then

Perhaps this is a condition not so very quent, however, for presumably you

ould not allow all your parts to de-

t least to keep the co-ordination be

aid your inner tubes and vessels in the

can help your eyes in their struggle for

the light. You rub your eyes every once

n a while, and probably squeeze them,

oo, and then continue to read. In a

en them. Just as you would try

oper execution of their tasks, so you

lorate one by one, without an attempt

our mechanical structure

seem not to co-operate in the visual disorders, for not a single physioperate in the call disorders, for not a single pays, cal division can escape the injuries done to any other. They either hang together, as a rule, or else your whole eyes are not independent of the other. members of your mechanism. When the anatomical structure becomes disrupted other organs decide to quit because of by illness and your physical kingdom is he stress and pressure of overwork, do overthrown.

to sparkle bright, clear and unaffected by the other disturbances. If they reuse to strike along with the other

All the other rebellious divisions have to do to accomplish this is to send the scarlet stream which circulates through them to the eyes. Then it is only a mater of hours or minutes at times until

ne muscles of your eyes cease to be ion. They will probably feel weary and ur brilliant sparklers have joined the discontented factions of your physical

A.—If you will massage your face gen-ly with a sterilized piece of absorbent otton and then apply a little of the following, I am sure you will soon get rid of the blackheads: Fullers earth drams

..... drams Vinegar Glycerine 3 drams

Points To Remember,
Maybe you have never thought it wrong to read in bed, flat on your back.

Maybe you have never thought it do coax back the natural oil in the hair and do much to prevent premature grey-To make matters worse, you perhaps ness. You should also use a little of the never even thought of the dimness of following:

Tereben1 dram Sulphur ... 1 dram
Borax ... 1 dram
Lavender water ... 2 ounces

Ittle while you rub again, and so or

able as the sad-eyed French waitress ing so much. whose cause he had championed so I shrank back in my chair a little. He the apparent desolation of the place. whose cause he had championed so royally at my request disappeared into the kitchen, and held my eyes with his light died out of his eyes.

"Pardon me," he said quickly. "I'm an incessant hum of voices, proceeding.

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"CUT PRICES EVERY DAY."

How Madge Told Him.
"The first ones were newspaper clippings," I said slowly, for the horrified terror of the abominable things was gripping me anew as I recalled them to memory. "Each was an account of some mysterious murder with horrible cruelties attached, and the victim in each case was some person suspected of having betrayed some secret organization to which he belonged."

"D—n!" I heard Harry Underwood mutter between his teeth, and the expletive was filled with anger. I hurrled on without raising my eyes.

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Jesus Restoring Life and Health. (May be used with missionary applications.)—Mark v., 21-43.

Golden Text.—Himself took our infirmities and bare our diseases.—Matt. viii., 17. n without raising my eyes.

wood spoke quietly, warningly:

"Better sip your hot coffee before you go on. You're pretty white, and we den't want anybody to notice you're

"Another pot of coffee, please, quick-

I picked up my cup obediently and drank mechanically. Then I took a her feet were winged. firmer grip upon my nerves and went

"The words were these," I said, things mailed?"

The late Robert Gordon, alias Charles bencer. Better not to guess here."

"From different submitted and the said, and the said and the said, and the

"Now, tell me quickly," he said, and there was a tone in his voice which

(By The Girl With the Hoe.)

DAILY REMINDER.
March 1-15:
1. Plan garden.
2. Plant seed indoors for e

the building would be impressed by to make it more cosy. the kitchen, and held my eyes with his quizzical ones, in which, however, there was a shadow of something deeper.

"I—I—don't know what you mean," Is stammered.

"Oh, yes, you do," he returned. "You had a real, warm, human impulse a few moment ago to 'clasp me hand,' because of the little waitress, but that iceberg of propriety and reserve that encases your heart made you draw it back."

Was the man clairvoyant? I was sure my hand hadn't moved an inch sure my hand and quickly. "I'm an incessant hum of voices, proceeding an incessant hum of woices, my had quickly. "I'm an incessant hum of voices, paparently from

DAILY BIBLE QUESTION

on without raising my eyes.

"The last clipping came almost two weeks ago," I said, my voice faltering as I thought of that last missive of terror. "It had a broad black border which surrounded words cut from a newspaper. They were——"

I stopped abruptly, almost choking with excited emotion. Harry Under-was mixed with superstition?

DAILY REMINDER.
1 1-15:
Plan garden.
Plant seed indoors for early cabbage, cauliflower, onlons eggplant.

then lightened by a little coal ashes or fine sand. To destroy all insects and disease germs this soil may be baked for half an hour in the oven, but should be well soaked afterwards and made light by working. Boiling water poured over the soil will also kill the serms.

It is perhaps the easiest thing in the work You can hardly use oil to grease the parts of the eyes, for there is no lubricant that can perform this service for them. The exercise which you give the other parts of your anatomy indirectly acts as oil to the mechanism of the eyes. It helps to change the blood, which, because of rapid circulation, makes the eye muscles more active. Direct exercise for the eyes, however, is negative. It consists of "don't do"

ALROY. Q.—Will you please tell me what to do for a tapeworm?

A.—Take one tablespoonful of Epsom salts, followed again the tother by a dose of mal fern, one dram, followed again six hours later by another dose of the salts. You should eat nothing, except a little thin milk or coffee while taking the medicine.

ALVIN ALFRED F. Q.—Will you please tell me what to do for a tapeworm?

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ALROY. Q.—Will you please tell me what to do for a tapeworm?

We want early vegetables to compete with the market gardener. This is only possible if the seed is planted while the ground is frozen outside. The market gardener has hotheds, in which his seed is germinated, and later has hotheds, in which his seed is germinated, and later the transplants the young plants into cold frames, so that they may get hardened and not perished in the cold blasts of spring. We have not hotbeds, but we may have a tiny incubator gardener has hotheds, in which his seed is germinated, and later the transplants the young plants into cold frames, so that they may get hardened and not perished in the cold blasts of spring. We have not hotbeds, the transplants the young plants into cold frames, so that they may be kept may be a they will be wait of the wait of the wait of the wait of the will

TAKE THREE A DAY-KEEP THE DOCTOR AWAY.

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HEALTH ESSENTIAL TO BEAUTY, SAYS MARGARET BLAIR

ly, and have it piping hot," he ordered. Lecture-Room Again Crowded "Yes, sir," and she was gone as if to Hear Popular Speaker.

Speaker.

Tour eyes are a so tired in a few finnings that you will be shown a significant of the manager from the street of the

that of exchanging chamois. This is very insanitary, and should never be

LARGE MEETING WILL BE HELD AT Y.M.C.A. ON FRIDAY EVENING

The Approximate Value of Trinkets Collected Will

garden, even as the professional gardener.

First of all, we must select a suitable window, east or south by preference, and then place a small table or shelf before it, so that it may receive plenty of light and sunshine. On this table our incubator garden will be laid out in boxes, or fiats, as they are technically called. These boxes should be about 13 inches by 23 inches, and 3 inches deep. Suitable soil should have been obtained last fall, However, good garden soil can be bought, and It is while you run again, and so the perhaps on continue to promise of this paper on medical, and perhaps continue the promotion of the dearest of this paper on medical, and wonder why you need glasses of stronger lenses.

Just a little forethought could have a single position for any length of time strains a certain group of muscles. Try to hold you that to hold the eyes in a single position for any length of time strains a certain group of muscles. Try to hold your arm extended in one direction for hold representation of general interest letters will be an awared personally, if a stamped and addressed envision is not position for moderate to prove this, and it will become the form of the direction of the domestic science department, with Miss McPherson in charge, and it is whispered that the feet of the board of education. These good more representation of prizes for the collegation of the domestic science department, with Miss McPherson in charge. The form of the domestic science department, with Miss McPherson in charge, and it is whispered that the feet of the board of education. These good more representation of prizes for the collegation of the domestic science department, with Miss McPherson in charge. The position of the domestic science department, with Miss McPherson in charge. The first of the collegation of the domestic science department, with Miss McPherson in charge. The first of the collegation of the domestic science department, with Miss McPherson in charge. The first of the distallance of the distallance of the distallance of the distallance of the position of the domestic science department, with Miss McPherson in charge. The first of the collegation of the domestic science department, with Miss McPherson in charge. The first of the collegation of the domestic science department, with Miss McPherson in charge. The first of the distallance o

It was very kind in the man who wned the Flying-machine to take

It was very kind in the man who owned the Flying-machine to take ittle William and Jimmy Coon flying all over those country fields. And Jimmy Coon saw Tim and Jerry Beaver standing on top of their pretty line were flying all over the big has one they were flying all over the big has one they were flying all over the big has a did not best time in the big has a sammy make a sammy

NETS OVER 400 VOLUMES

Hered for the occasion by Miss. George the proceeds, which a the proceeds which a the proce

Fourth Floor.

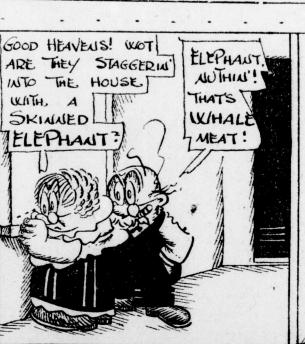
devotional part of the meeting was led by Mrs. J. W. Kennedy. Miss Ritchie. the president, occupied the chair. The various reports were read and adopted after which Mrs. C. Johnson reported on the free drink campaign. It was arranged that a mothers' meeting, with babies, be held in April under the guidance of the superintendent of that department, Mrs. Gordon Thornton, the Methodist parsonage being kindly offered for the occasion by Mrs. George King.

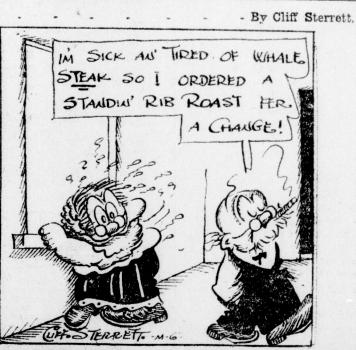
Millinery Opening Thursday, March Seventh and Following Days On these days you are invited to our formal presentation of the fashions in Millinery for Spring and Easter, 1918 MAIN & COLLYER **Flowers** For All Occasions

POLLY AND HER PALS.—Pa Expects the Family to Have a Whale of an Appetite.











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THURSDAY, MARCH 7.

Things should move along smooth on this day, under heavenly aspects of weak significance. In the domestic circle the day promises to be uneventful, and in social, artistic and romantic affairs but little adventure is indicated. Under a semi-square of Moon to Uranus there may be an impulse to make an un-planned change, a removal of journey which, however, should be subdued, as the time for these is not at all propiti ous. The mind may be disturbed, sar castic, indiscreet, with a leaning to ward the occult and the metaphysical. An aspect between Mercury and Neptune will exaggerate this condition making the mind and emotions fanci ful and capricious. Those whose birthday it is will have a rather smooth and uneventful year. A child born on this day will be impetuous and unconventional, but have

a rather smooth and quiet careas