

TAKE CARE OF THE EYES.

Take care of the eyes. It is a remarkable fact that this organ is more neglected than any other. "I have known," says a recent writer, "fond, doting mothers take their children of four or five years of age to have their teeth filled, instead of having them extracted, so that the jaw might not suffer in its due development, and become in later years contracted, while the eye, the most intellectual, the most apprehensive, and the most discriminating of all our organs, receives not even a passing thought, much less an examination. It never seems to occur to the parents that the principal agent in a child's education is the eye; that by it it gains not only its sense of the methods and ways of existence of others, but even the means for the maintenance of its own; nor does it occur to the parents for an instant that many of the mental as well as bodily attributes of a growing child are fashioned even if they are not created, by the condition of the eye alone. A child is put to school without the slightest inquiry on the part of the parent, and much less on the part of the teacher, whether it has the normal amount of sight; whether it sees objects sharply and well defined or indistinctly and distorted; whether it be near-sighted or far-sighted; whether it sees with one or two eyes; or, finally, if it does see clearly and distinctly, whether it is not using a quantity of nervous force sufficient after a time not only to exhaust the energy of the visual organ, but of the nervous system at large."—*Columbia Diary*.

THE MORNING BATH.

On awakening in the morning the body is covered with moisture, and the quickest way to remove it is in a sponge or plunge bath. Mere contact with the water is stimulation for the entire system. The warm bath before dinner is to clean the body, quiet the nerves, and prepare the system for the meal of the day. A burning thirst may be quenched in this bath; a headache cured; tired feet rested; sour temper sweetened, and a bad feeling generally dispelled. In a fresh toilet of the simplest character the individual will feel better and look it. A bath before dinner is not debilitating, although the assertion is commonly made. A bath at any time may make a person ill who is unaccustomed to bathing. Hot baths come in the line of medical treatment and should be so regarded. Only shallow-pated women get in a stew. No common sense individual—miners, mill hands, and cigarette workers excepted—should stay in a tub over five minutes.

So much is said of the brains of women that it may be of interest to note the fact that when the brain of Gambetta was given for examination to Dr. Broca, the greatest living physiologist of the day, his report, which appeared in all the French papers at the time, was as follows: "Had this brain been put before me without my knowledge to whom it belonged, I should have said that it was that of a woman who had well used all her faculties; it is below the average weight of the male European brain."

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