

in the removal of heavy forms from upper floors to basements for stereotyping; it is a machine easy to work, with no complications, and, in conjunction with the process, can be manipulated to meet all reasonable requirements. The invention is the outcome of work extending over seven years and of some hundreds of experiments in the stereo-room by Mr. Eastwood, who has had very considerable experience in connection with the management and production of newspapers.

PENCIL PUSHERS

MR. HOWARD, who accompanied Hon. Edward Blake to Ireland as a representative of the *Toronto World*, is now on the *Evening Telegram*.

MR. ALEX. SMITH, familiarly known as "the jedge," by his confreres of the *Toronto Mail*, is attending the course of lectures in Osgoode Hall. If he takes up law, journalism will lose a no mean light.

MR. PETE McARTHUR, a Canadian who has made his mark in New York as a comic paragraphist, poet and story writer, is at his native place in Bruce County, where he will spend the summer months. Pete will not be idle, as he will forward contributions regularly to New York, and to the *Toronto Mail*.

MR. C. W. YOUNG, of the *Cornwall Freeholder*, is now at the Chicago Fair as press agent for the Ontario Government. The Dominion Government has appointed Mr. J. T. Bell, of Ottawa, an old time journalist, on its staff of correspondents, his duty being to supply Canadian newspapers with information, and keep American journals posted as to Canada's resources.

WRITER'S CRAMP AND ITS CURE

UNDER this title we understand an affection which is quite common among those persons who, by the nature of their occupations, are compelled to write for many consecutive hours. It consists of a spasmodic contraction of the muscles of the thumb and fingers, rendering them stiff and useless, and causing in some cases a considerable amount of pain. It comes on gradually, rarely affecting those in robust health, but usually attacking nervous and excitable persons.

As soon as the person affected stops writing the cramp ceases, but returns as soon as he again attempts it, whereas any other use of the hand fails to bring it back. People suffering from this trouble try to effect a cure by moving the wrist and fore-arm in writing when it extends to these muscles. The left hand is often brought into use, but after a short time becomes similarly affected. Strenuous efforts are often made when the cramp sets in, to overcome it by muscular effort, and sometimes the person is able to write for a few moments, but the result is a miserable

specimen of penmanship, and is often illegible. In a short time, however, even the power to hold the pen becomes impossible.

The disease is unknown in childhood, seldom coming on before the twenty-fifth year, affecting men more frequently than women. Writing with pencils or the stylographic pen is not as liable to produce writers' cramp as is the sharp-pointed steel pens, the reason being that there is less resistance. Tobacco and alcohol in excess are said to be causative agents. There is also a certain hereditary tendency to cramp. Injuries to the fingers and arm sometimes act as predisposing causes.

There are two classes of muscular action concerned which are important causes in the disease. The steady contraction of the muscles that poise the hand and hold the pen, and the intermittent contraction of the muscles concerned in moving it.

A cramp of a similar nature sometimes attacks pianists, violin players, seamstresses, milkmaids, telegraph operators, etc. If the disease has existed but a short time a cure can almost positively be expected; but where it has been of long standing treatment, though carried out conscientiously and extending over a very long period, often yields little or no results.

As regards prevention, a soft stub pen, smooth paper, a desk of convenient height with ample room to allow the arm full swing, loose sleeves, using the muscles of the arm to form the letters, changing the manner of holding the pen, using the typewriter, etc., all form important factors in preventing the disease, especially in those who experience such premonitory symptoms as slight weakness of the muscles, slight pain and sudden contractions and spasms of the fingers.

The best and quickest results may be obtained by the use of electricity, massage and gymnastics. Absolute rest, tonic treatments and change of climate are advisable. When all methods fail, the only alternative is to change one's occupation, that the muscles may have no cause for spasmodic contraction.—Dr. Ray in *Ladies Journal*.

AN English provincial newspaper recently called attention to a feeding-bottle (*i. e.*, nursing-bottle) advertisement which concluded with the words:

When baby is done drinking it must be unscrewed and laid in a cool place under a tap. If the baby does not thrive on fresh milk, it should be boiled.

This, it is remarked, is a trifle hard on the baby.