

YOUR EYESIGHT.

Relationship Between Eyestrain and Nerve Depletion.

Writing on this subject, Dr. Sam'l S. Grant, B.O.A., Oph.D., Professor Physiological Optics, says:

"Nature has so balanced the supply of nerve energy that the various organs of the body that are in equilibrium are fairly maintained; but should that equilibrium be disturbed by any abnormal demand from any particular organ, either from functional weakness or over-excitation, then other allied nerve-centres must necessarily be depleted."

It is not intended in this short dissertation to trace the nerves through all their various ramifications, or to explain the particular and necessary energy each branch consumes in controlling the functions of its particular organ, but simply to call attention to the nerves which control the organ of sight and their relationship to other allied nerve-centres which they have considerable influence.

"The fifth pair of nerves divide at their ganglionic into three primary branches, one to the eye, one to the ear, and one to the teeth and allied functions. Each branch draws its nerve energy from the ganglion at the head of the fifth nerve."

"This can be illustrated by supposing water flowing through a main branch, and at certain point (termed the ganglion), this main branch divides into three smaller branches to supply water to three different directions. Let us further suppose that one of these branches is continually pulling off more than its share of water, and it can be easily understood that the other two branches must be more or less depleted of their supply."

Now, this is exactly what happens in the fifth branch, and the tri-facial branches in eyestrain. The ophthalmic branch—one of the tri-facial—pulls off most of the nerve energy supplied by the ganglion, and is by so much robbing its allied branches of their proper supply."

"The result of this unequal or inadequate nerve supply is that these allied organs gradually weaken in their functional power, and are rendered inert or entirely lose their usefulness."

"The effect of eyestrain, caused either by astigmatism, asthenopia, heterophoria, hypermetropia, myopia or allied forms of defective vision, is to demand an enormous extra supply of nerve energy through the ophthalmic branch of the tri-facial. This extra demand, kept up for years, must have a debilitating effect on the other two branches, which get their supply from the same ganglion."

"In this warfare for nerve supremacy the weakest generally is the one to succumb, either the eye loses its visual acuity, or the hearing becomes defective, or the teeth decay, or even it may extend to the hair, which turns prematurely grey."

"Then the 'pull' of the ophthalmic nerve on the ganglion does have this effect: it plentifully exhausts the nerve energy of the daily eye-seeing. How often do I find in cases of asthenopia, especially in those cases where the patient has never been neutralized by accurately prescribed glasses, that the defective eye is on the same side as the defective hearing, or the defective teeth, or even it may extend to the hair, which turns prematurely grey."

"Thus it follows that eyestrain is an enemy that should be combated with scientific precision, so that the disastrous effects may be neutralized and its dangerous tendencies averted."

Minard's Liniment Relieves Neuralgia.

SIGHTS IN BRITISH GUIANA.

Officers Explore Strange Country of Mosquitoes and Fleas.

C. W. Anderson and H. P. C. Melville, two officers of the department of lands and mines sent out by the government of British Guiana, have made a most interesting discovery in the country mapped out by the award of the king of Italy in the British Guiana-Brazil boundary dispute.

They started from Georgetown, Demerara, on Jan. 25, accompanied by an East India cook and four Andamans boys, and after a most successful trip returned safely on Sept. 12, after having this last time seen eight months.

At the village of Kamalawong they found Jeremah, the great chief, a character whose delight is to teach his people the alphabet and to them to teach him a fine shakedown has built. Two of his sons were with the expedition and these, with a fine forgetfulness of the past, were the "old man."

He had appeared, attired in a garment which at a considerable distance was worn the aspect of a Roman toga, but on nearer inspection proved to be an ancient makintosh. This was his robe of honor, and after a most successful trip returned safely on Sept. 12, after having this last time seen eight months.

Descending to Ireg in canoes, or native "dugouts," the travellers found the forest and the labourers proved a great pest. Very wisely the travellers had provided themselves with veils and gloves, and so much inconvenience and even illness was avoided, for they were not to be bitten by the mosquito and sand flies, which had been entirely absent on the plateau, put in an appearance.

Moreover, June and July turned out wet. It was noted by the travellers as a curious circumstance that the labourers fled from their attentions almost exactly at 6 o'clock a.m., but as the end files came on the scene at 6 o'clock and the mosquitoes at nightfall they always had plenty to occupy their attention.

A most curious luminous centipede was discovered in the forest country. The animal, which was two or three inches long, bore a red light in its head and a series of eleven or twelve white phosphorescent spots along its body, none to each segment. Five or six specimens were secured, but were sadly knocked about in travelling.

Another sight was the great Kaletar falls on the Potaro river, which were visited by the expedition on the way to Yakupini. The Gaikour, where the Potaro river falls over a sheer precipice 241 feet high (the Horseshoe falls at Niagara is only 164 feet) is the pride of the colony.

The fact that neither of the officers suffered from anything worse than a cold during their eight months' "roughing it" is a testimonial to the grand climate of the hinterland, which only needs to be better known to attract enterprising men as colonists—London Express.

As an Optimist Sees Things.

Only the fool claims that everything is bright and good. Yet the greater fool is that one who claims it is all dark and evil. Between these two the man of divine wisdom—he may be wholly unlearned—who sees and acknowledges he sees it, the sun, the smiling blocks, the clouds and the dark places, but who knows that if he does not hinder him or stand in the way of his helping along the better day. We may the days and when we complain of them we complain of ourselves.

Hard Work: Keeping Beautiful.

Our friend L. H. Russell states what we have found to be a beautiful, she knows we mustn't worry, nor be angry, nor eat what we want, nor go without corns, nor lie in bed after 8 a. m., nor neglect the bath and the hour of relaxation, nor avoid the sun, walk and motor drive in the open air. We have also found that it is good for the complexion to spit wood, rip the ice from the roof, paint the tin gutters, rive the storm wash from its window bed, and our rule is to do it at 4 p. m. instead of 8. But keeping gracefully at it brings success, as all our function know by experience.

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BUYING AT AUCTION.

A Pastime Fought With Danger for the Unsophisticated.

"There are bargains galore at auctions," says a writer in the Pall Mall, "but the way to them is beset with pitfalls."

"The neophytes who find themselves trade sales of antique furniture are not many, but every man's hand is against them. The newcomer is received politely, but the traders watch the bent of his fancy and at the right moment pounce upon him and devour him."

"We might suggest a few simple lines of action to the lady—and women are, of course, the cleverest hands at a bargain—or man who, having pursued a hobby through varying stages, decides to enter the auctions."

"First, glance with a careful eye over the catalogue. Everything looks well in a well written catalogue. Then one should give oneself plenty of time to view the pieces the day before the sale. A magnifying glass is here a useful friend; under its informing influence cracks appear in porcelain, newly made additions in Chippendale, hopeless fakes stand confessed."

"Having noted the half dozen pieces you wish to own, inform yourself as far as possible as to their value. Refer to one of the now general handbooks on the particular subject."

"Be sure that when you return next day to the auction you know the top price you want to give and will not be guided by the bidding. The auctioneers and the trade between them are often tempted to trot a novice—that is, run up the price for his benefit or increase it by larger bids than usual."

"Ten shillings is a price at which small pieces of furniture are often started by the auctioneer, who makes believe to have had a bid. If the newcomer thinks the price low he will nod to the seller, who, as it were in reply, will say a pound, and soon find thirty shillings elsewhere, though it does not really exist; another nod from you and in this way you may pay £2 for a piece that although worth it to you at the moment will prove a poor bargain."

"The better plan, if you suspect the auctioneer of having started the price at ten shillings, is to lie low, when, no one else bidding, he will say: 'Well, gentlemen, five shillings; some few may then increase at a shilling or two at a time, and when these bids are dying out you name a price in clear figures—you are as near the rostrum as possible—and nail your piece.'

"I am inclined to recommend the use of the honest porter to whom you pay a commission. All auction rooms, from Christie's to the ultimate East, possess these useful attaches, and the friendship of a good porter or attendant is above rubies."

"For a matter of one shilling in each pound sterling of your outlay you can purchase the service as bidder, caretaker and guide of this locally important person. Some of these men are worth more and like more."

"With others it is well to arrange a sort of sliding scale of commission, which has for basis the principle that the lower the sum for which he obtains the object the higher the commission. These are matters of personal arrangement, which will be found to work to the collector's advantage."

Minard's Liniment Cures Dandruff.

REVELS IN OCEANIC LORE.

Prince of Monaco Finds a Museum of Sea Life.

In zero weather, when the night is pitch dark and there is a piercing wind driving a biting snow perhaps you have wondered, as I have, to think how the little wild birds could manage to sleep and not freeze nor be covered up by the snow.

One stormy, wintry night, while walking through Central park, New York city, I partly answered the question. A branch of a large pine tree swung close to and a little above a street lamp. The branch and its twigs were quite free from snow, the dense leaves or "needles" forming a roof above them and catching the snow which had quickly filled up the spaces between the slender leaves. Here and there under the most cozy-looking of the leaf clusters was a little group of English sparrows looking as comfortable as could be.

They were somewhat disturbed by my pausing to watch them and a few left to find a perch on some higher branch. Probably there were scores of these sparrows in this tree, for I was able to examine only the branch near the light. Who knows but that every pine in the park and many a one in the woods as well, is a veritable tenement for these birds?—St. Nicholas.

When the Coolness Begon.

(Philadelphia Press.)

Miss Planesley—Tell me, how do you like the cut of my new skirt?

Miss Knox—Very much.

Miss Planesley (suspiciously)—Oh, do you, really?

Miss Knox—Yes, indeed. I had two just like it—when they were in style.

Death sometimes merely removes a man's nose from the grindstone to the tombstone.

PATRONS FOR A BAKERY LUNCH.

A study of a sociological problem from a workers' point of view is always highly instructive, and it is all well and good to furnish a deal of entertainment aside from its more serious discussion of the problem in hand: for such a study must deal with men and women and episodes from real life. Maud Younger, in her "Dinner at the Amusements," the second instalment of which appears in the April McClure's, gives us many glimpses of New York's quick lunch restaurants. We quote the following extract from her description of the rush hour in a bakery lunch place as an example of a good literary snap-shot, that also contains sociological data:

"I made my accustomed dive after a girl who knew something about the business. 'A man over there wants something that sounds like coffee and horns,' I said to her. 'There they are,' she said, and pointed to some crouching waiter, who was standing in line waiting for seats. As soon as one man finished, another took his place. They shooed back the dealer in front of them and ate on top of the debris. Once, the situation grew desperate, each one wanting to be served first, and each one's orders at once, so that I could not extricate anything from the jumble. It was so absolutely terrifying that I could not do anything. I just stood still and laughed. The smile went around the table, and they subsided and let me take over the order. No one was cross when I gave them the wrong thing. They were mostly ten cent customers, one dish here, and a drink five, all men, and they wore their hats."

A Horse with a Strained Shoulder

is sound as a dollar in 24 hours after you rub one spot with Fellow's Leeming's Essence.

It gives instant relief in all cases of Strains, Bruises and Swellings—draws the pain right out—strengthens the weak back, shoulder or knee. Whether you have one horse or twenty, accidents are liable to happen any time. Keep a bottle of

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handy so you can have it when needed.

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NATIONAL DRUG & CHEMICAL CO., LIMITED, MONTREAL.

Quick Answer Won a Dime.

"Gimme a dime for the newboys' dinner," a boy asked as he shoved a dirty rag in front of man at Tenth and Main streets last night.

"I haven't seen anything in the papers about a newboys' dinner," the man said.

"When does it take place?"

"Just as soon as you give me that dime and I can get to a lunch counter," the boy said. He got the dime.—Kansas City Star.

TRAPPERS MUSKRATS

I WANT LARGE OR SMALL LOTS Write for price list.

W. C. GOFFATT

ORILLA, ONT.

The Badger.

Ho burrows. He's a colonise. North, he hibernates.

In England he's called the brook. In Germany they know him as a dach.

He fights fiercely if caught in close quarters.

It is well to beware of his skunklike scent glands.

He ranges from chill Canada down through warm Mexico.

He has been known to house-keep along with the fox.

He is a night-roaming fellow and his house, in a cave or burrow, has no ill smell.

Madam Walsh's World Renowned Old Fashioned Recipe has been used for years with great success. Cures rheumatism, piles, female troubles, sure hair dark. Paste for staining hair red, used by leading actresses; removing warts, moles and blemishes; and sweetening and curing every drug; has the ingredients: little wild birds called muskrats, worth 25 cents; 4 for 60 cents, entire list \$1.00. Anyone of these recipes is worth many times the price. Kay & Co., Caxton Building, Chicago.

One Meal of Simple Food.

(New York Sun.)

New Yorkers are insatiable in their demand for novelty and the host who supplies something new is more certain to have his invitations accepted than any other. The most given by a young artist who had as his guests many of the men and women most conspicuous in society. Instead of terrapin and game, fried apples and other similarly homely dishes. There was no nearer approach to champagne than white wine, and the guests contented themselves with tea.

"Coffee at midnight when the supper was over. The host's own wife was displaced that night to make room for a cook looked as a Boston friend, and his importation was the one extravagance of the entertainment."

Minard's Liniment Cures Burns, etc.

The Home and the School.

(Cleveland Plain Dealer.)

Parents and teachers have a strong common interest in the welfare of the children who can be properly trained only through complete sympathy and unremitting endeavor on the part of both. Unwisdom or indifference on the part of one will do much to neutralize the best intended and most intelligent directed efforts of the other. If the highest results are to be accomplished for the children, there must be no working at cross purposes by parents and teachers, between whom effective cooperation is as easy as it is desirable. Their respective fields of activity are clearly defined and both are moving toward the same goal by different paths.

Your Doctor

Can cure your Cough or Cold, no question about that, but why go to all the trouble and inconvenience of looking him up, and then of having his prescription filled, when you can step into any drugstore in Canada and obtain a bottle of SHILOH'S CURE for a quarter.

Why pay two to five dollars when a twenty-five cent bottle of SHILOH will cure you as quickly?

Why not do as hundreds of thousands of Canadians have done for the past thirty-four years; let SHILOH be your doctor whenever a Cough or Cold appears.

SHILOH will cure you, and all druggists back up this statement with a positive guarantee.

It cures you in three days, a Cough or Cold cure it with

SHILOH

Top Scorers.

The death of Sir W. H. Russell leaves the small band of literary octogenarians. Sir Theodore Martin, however, who was more than four years his senior, and is now a nonagenarian, is not only still to the fore, but is full of energy and activity. Professor Campbell Fraser, also his senior, will be 88 in September. Professor Masson will be 85 in December, and Dr. Alfred Wallace was 84 in January last.

Goldwin Smith will be 84 in August, Dr. Furnival was 82 on the 4th of February. Holman Hunt is 80 this year, and George Meredith has entered upon his 80th year. Among the septuagenarians are Gerald Massey, not many months younger than Meredith; William Rossetti, 76; Mr. Justin McCarthy, 75; Lord Roberts, 74; Lord Wolseley, 73; Baring Gould, 73; and Lord Avebury, 72. Swinburne will be 70 on April 5th next.—N. Y. Scottish American.

Bad Case of Liver Trouble.

A negro shooting affair occurred at Raleigh last night at the most market of Bob Burns in West South street. There was a quarrel between Bob Burns and Tom Fleming, a round and a half of liver. Fleming claimed Burns did not give him full weight, whereupon Burns again weighed the liver and found it lacked the ounce of being the amount paid for, and he turned round and demanded his money back. He was ordered out of the store and Burns followed him to the door, where Fleming turned and fired at Burns, but missed him. Then a fight ensued and in the scuffle Fleming shot Burns in the chest. The amount involved was 15 cents.

ENGLISH SPAVIN LINIMENT

Removes all hard, soft or calloused lumps and blemishes from horses, blood spavins, curbs, splints, ringbone, sweeney, stifles, sprains, sore and swollen throat, coughs, etc. Put 50¢ by use of one bottle. Guaranteed the most wonderful Blemish Cure ever known. Sold by druggists.

The Potency of Ideals.

Ideals are more potent than acts. Let a millionaire give \$10,000 to a hospital. The public is for the moment struck, but who save the institution itself remembers the gift next day? Let a "leader of society" start a charity bazaar. Let her gather a little crowd around her. Let the stall-holders be visions of beauty—their coloring perhaps just a trifle "assisted"—and the motive of the brilliant buying be bribe and a great financial success be scored. The masses will read the account in their newspapers with wondering admiration, but they will find there no wholesome stimulus for themselves, since the motive of the brilliant function was rooted in display. In charity, as elsewhere, it is not the action but the spirit of the agent that permanently tells.—Fortnightly Review.

YOUR SUMMER OUTING

If you are fond of fishing, canoeing, camping or the study of wild animals look up the Akonquin National Park of Ontario for your summer outing. A fish and game preserve of 2,000,000 acres interspersed with 1,200 lakes and rivers in awaiting you, offering all the attractions that Nature can bestow. Magnificent canoe trails. Altitude 2,000 feet above sea level. Pure and exhilarating atmosphere. Just the place for a young man to put in his summer holidays. An interesting and profitable trip. A descriptive publication telling you all about it sent free on application to J. D. McDonald, Union Station, Toronto, Ont.

Treading on the Heather Bell.

(A Gypsy Smith Story.)

Gypsy Smith, who is holding a series of revival meetings in Brooklyn, N. Y., introduces into his talks several anecdotes relating to his experiences in Scotland. One of his stories was the following:

"They tell a story of a great scientist, a great naturalist, who, one lovely summer day a year ago, went out in the Highlands of Scotland with his microscope to study the heather bell in all its rainbow glory, and in order that he might see it in its perfection, he got down on his face, without plucking the flower, adjusting the instrument, and was revelling in its color, its delicacy, its beauty, 'lost in wonder, love and praise.' How long he stayed there he does not know, but suddenly there was a shadow on him and his instrument. He waited for a time, thinking it might be a passing cloud. But it stayed there, and presently he looked up over his shoulder and there was a fine specimen of a Highland shepherd, watching him and, without saying a word, he plucked the little heather bell and handed it, with the microscope, to the shepherd that he, too, might see what he was beholding if he had vision. And the old shepherd put the instrument up to his eye, got the heather bell in place and looked at it until the tears ran down his rugged face like bubbles on a mountain stream, and then, handing back the little heather bell, tenderly, and the instrument, he said, 'I wish you had never shown me that. I wish I had never seen it.'"

"Why?" asked the scientist "Because," he said, "monk that rude foot has trodden on so many of them."

"Yes," said the weary wayfarer, "I used to be a politician, but I have reformed." "And what are you doing now?" asked the benevolent individual.

"I'm a burglar now," replied the weary wayfarer.

KING'S BEAUTIFUL PALACE.

Fortune Spent on Pleasure House for English Monarch.

Sir Ernest Cassel is spending a fortune on Brook house, Park lane, which is mainly intended as a pleasure house for King Edward. Like a true courtier, Sir Ernest invited suggestions from the king, who called in the dowager duchess of Manchester as joint adviser. Between them they have planned an entertainment palace, involving an expenditure which makes even multimillionaire Cassel gasp.

In order to get the full effect of the structure, both in general outline and in detail, a large model has been made, showing the edifice finished, furnished and decorated. It even contains French furniture, upholstered in the same colors as the priceless originals, bureaus and cabinets being reproduced in miniature on an exact scale. It is provided also with miniature candelabra, electric lights and so on. The model itself is a work of art, about twenty feet long by fourteen feet wide.

The decorations were chosen almost entirely by the duchess, who has admirable taste. She and the king are said to have hugely enjoyed planning their ideal residence regardless of cost to themselves.

Cassell winced a bit, especially when they ordered this model, which cost as much as half a dozen suburban villas.

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Gives a beautiful gloss. Needn't be boiled, yet cannot stick. It's starch you'll like.

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Celluloid Starch

The Sunday Comic Supplement.

(Trades Unionist.)

The daily newspaper is among the most useful growths of modern civilization, but it sometimes sends forth odors too rank and pungent for babes and sucklings. The source of news should, therefore, be selected with wise reference to its effect upon the minds of the young. Big red headlines and ghastly illustrations of crime may be of service to the student of sociology, perhaps, but the impressions they make upon children may do lasting harm. As for the Sunday comic supplement, to use a slangy but appropriate phrase, it should be cut out. Beyond a doubt, as general as conceived, it is likely to lower the mental, moral and artistic tone of the human mind and debase the sense of humor into a fondness for horse play.

HORSEMEN, READ THIS

I have used MINARD'S LINIMENT in my stables for over a year, and consider it the VERY BEST for horse flesh I can get, and would strongly recommend it to all horsemen.

GEORGE HOUGH,

Livery Stables, Quebec 95 to 103 Ann Street.

(Baltimore News.)

By some tradition as old as printing the man who writes must have other than a pecuniary motive. Perhaps the idea and the practice rest on the theory that it would spoil the man who lives by his pen to be fat and sleek. Big pay would exterminate the breed. All the same, the modern reporter is an ambassador to all the powers that be without the purple of his office. He is the confident of the great, but must keep close as a matter of course and with no special gratuities from anybody. He is the daily companion of the mighty, but must give no sign of "clique." He is patronized by his intellectual inferiors, but must give no sign of his superiority to the superiority of ignorance. The story that he makes for others is not for him. He must rest famous, nameless and content.

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ISSUE NO. 14, 1907.

MISCELLANEOUS.

DR. LEROY'S FEMALE PILLS

A safe, sure and reliable monthly regulator. These pills have been used for over fifty years, and found invaluable for the purpose designated. They are made by Dr. Leroy, of Montreal, and are sold in small packets, each containing a full supply of pills, on receipt of price.

"Dry" Spots in Kentucky.

There are, we believe, only nine counties in Kentucky where liquor is legally sold, and so far as practical prohibition is concerned reports indicate that there is much less liquor sold at retail in Kentucky than in the prohibition state of Maine. On Tuesday Richmond, county seat of the oldest county in the state voted "dry." This is the first spot where Boone made his first foray and conducted operations against the Indiana in Kentucky that has been permitted any voting out saloons by popular vote and it also permits a county to do so. The curious twist of the whole matter is that in Kentucky prohibition seems to prohibit more perfectly than almost anywhere else.

ITCH

Mange, Pruritis Scabiosa and every form of contagious itch on human or animals cured in 30 minutes by Wolfford's Sanitary Lotion. It never fails. Sold by druggists.

Grandma Go to Dancing School.

An early caller at a west side flat was received by the small girl of the family, says the New York Press.

"Is your grandmother in?" asked the visitor.

"No," said the child, "she has gone to dancing school."

"To what?" exclaimed the visitor.

"Dancing school," explained the girl. "Grandmother has been taking dancing lessons all winter."

"Merciful heavens!" gasped the visitor.

Then, being a grandmother herself, of the old-fashioned type, she went away dumb with amazement. However, upon inquiry she learned that that particular grandmother was not exceptionally giddy.

"Any number of