

*TIRED EYES.*

In these days of study and sedentary work requiring much use of the eyes, they often become so tired that they refuse to do good work. This is particularly true when the work is done in a poor light, or when it is very fine work. Few eyes will bear such treatment for any great length of time without being spoiled. The question is often asked us, What can be done in such cases? There is one remedy for tired eyes that has great value. It consists in massage with the hand wet in cold or cool water. Fill a basin with it, and standing over it wet the hand with as much cold water as it will hold and apply it to the eyes, at the same time with the thumb and forefinger giving the eyes a gentle manipulation. Continue the process for four or five minutes several times a day. The results are often almost marvellous.—*Herald of Health.*

*THE WORLD.*

How often the simple phrase "What will the world say?" deters men from making known the desires of their hearts, and prevents them from doing things they otherwise would. The world, in fact, is to the majority of men, the square and compass by which they shape their course and "the world" is a hard master. I do not mean the physical world but the social. The impartial judge which every day determines the fate of hundreds of our fellow-creatures.

No person can go through life without coming in direct contact with the world; and he either leaves it better for his contact or the worse. The world takes no half men. It takes hold of each one as

he comes out, and if he is not a suitable one passes him over for a better to take his place. And it is not often wrong. The world, as I heard a minister say, generally values a man at about his true worth, despite all that may be said to the contrary, and the man who has entered "the world" and comes out victorious in the great battle of life has no reason to be ashamed of it. In this "struggle for existence" as some put it, many temptations are met with, and if a man fails it is his own fault, not "the world's." And Byron beautifully expresses this when he says:—

Though the rock of my last hope is shivered,  
And its fragments are sunk in the waves,  
Though I feel that my soul is delivered  
To pain, it shall not be its slave.

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Yet I blame not the world nor despise it;  
Nor the war of the many with one—  
If my soul were not fitted to prize it,  
'Twas folly not sooner to shun.

And in going through life it is always the same. If a man fails he is too apt to lay the blame on "the world," not on himself. But if we do our duty, with the help of a gracious deity, we need never fail; and if we do not, "The World" will esteem us the better for it.

*MIND FOOD.*

The mind should be continually supplied with good and nutritious food for the purpose of strengthening it, as natural food strengthens the body. For example; withhold food from the body or supply it with that which is unwholesome and the speedy decline follows; so with the mind. Feed it upon that which is obnoxious and the result is plainly visible. In some cases the mind becomes