

ON TWIN CHARGES ward and Francis Graves, 14 years, of 18 Portland street, shd they were r, Dec. 11.—Twin brothers given twin summons to appea in DUGLAS & CO., NAPANIM

# Don't Be Held Up!

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POINTS

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There has been a breaking away from faith in recent years, with an underdevelopment of conscience.

fe sometimes have blamed the tanism of the past. We have it was gloomy and repressive. It have its faults. But it was a t discipline. It developed comtes; a sense of right and wrong; ding that conduct mattered. relaxing the discipline

In relaxing the discipline which In relaxing the discipline which Puritanism engendered there is danger of going too far; of assuming that because some of the innocent pleasures that used to be repressed are all right, then it is all right to gratify revery impulse and whim.

The old discipline may have been may too severe. But it tended to produce, self-controlled men and women who were not at the merry of their desire for indulgence. Here is something for parents to think about. The young Case of the second se

### Exerciser for Even

A New York optometrist has it vented a machine for exercising it muscles of the eye. His theory is th the human eyeball is pulled out shape by the tugging of strong mucles against weaker ones, thus lat foring with the focusing of light raand causing nearaight, farsight a astigmatism. Therefore he conside that these defeats can be cured a that normal eyes can be kept in go condition by regular exercises th bring all the muscles of the eye in

play. The exerciser consists of a ball of the end of a bent rod which is re volved by means of a small crank The eyes are exercised by following the motions of the ball.

For near sight the ball first is moved horizontally before the eyes, bringing into play the muscles that move each eye toward or away from the nose. Then the ball is moved perpendicularly. This exercises the muscles that move the eye up of down. For far sight the oblique muscles are brought into play by operating the ball in circles both laft and right. Astignutum is corrected by either one or the other of the fore going methods, or a combination eithe tree.

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At the dawn of modern history stands the figure of an old whose-subtor; strassive and quaint, likeshis and eccentric, but wholly unimpressive; the last men in the world a compton would take for any aspect of numes after.

No platuresque dust of the wilderness stains his shabby garment; no

an around person; in form, comb and drownin, so that he is lifence oy one of his friends to a cottag part in asture, seaver added to sum yan, Samuel Jeanson. Sir Thomas around or over Charles Lamb, that you do not be applied and the post of the Baptist, Mohammed

d yield. may have however, a lot of true to variety name and type. till giving us a very inferior because of weak germination of eed from which they grew. In on with animals a poor start often means an ultimate developmuch below normal. It is very tial therefore to have vigeur of ination as well as purity of the inform on if we are to abhain



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