

Swinging the Eyes to Relieve Strain

An earnest-looking person sitting opposite you in the car suddenly swinging his eyes from side to side like pendulums of an invisible clock do not conclude that he is an escaped lunatic. He may be practicing the latest system for relieving normal vision. His doctor may have told him to throw away his spectacles and practice the "universal swing" to relax his eyes when the print begins to blur. Says a writer in the New York Sun and Globe:

You can practise the universal swing over a page of type or you can lift your eyes and practise it on a neighboring lamp or a distant mountain. Its purpose is to take strain out of your eyes.

Just learning to see without strain is half as easy as it sounds. When you are tired, your eyes are in a state of tension. They are bound up with the habit of staring. You will notice persons with extremely poor vision have a way of fixing their eyes on a changeless stare. It is partly a result of the staring habit that makes the universal swing. The prerequisite is that one should imagine some simple object quite distinctly and hold it in one's mind while swinging the eyes from an outer object. The imagined object may be a printed period, like the one closing this sentence. Or, it may be easier for you to picture a small letter 'o' or one of the initials of your own signature. Whatever selected for the purpose your imagination of it must be perfect in color and intensely black, standing

forth distinctly on a snow-white background.

"Some patients can achieve this immediately, others need some little practice before they can form and hold a mental picture of such a simple thing. When once the art is acquired it can be put to some surprising uses, besides aiding in the relaxation of the eyes."

"Having fixed your interior object of vision, you swing your eyes rhythmically from one side to another of your mountain, your page of type, a picture on the wall or perhaps an optical test card, always carrying your interior object with you. And your first purpose in this is to see the mountain, or whatever it is, swinging from side to side in the opposite direction to that of your eyes."

"This probably won't happen immediately. When it does happen you'll be startled by the suddenness of it, and by the brisk independence with which the test card, picture, lamp, page or mountain will shoot from side to side, as if by its own motion, as your eyes go in the reverse direction. With that experience comes a sense of lightness, of freedom, according to the practitioners of the swing. The eyes, they say, feel as if a load has been lifted from them and the type they had been reading with difficulty now stands out clear and black upon the white paper."

"A singular feature of the process is that if the patient's mental picture of his period, initial or other interior object grows blurred or imperfect, or disappears, his habitual defect of vision will reassert itself. To overcome the difficulty of making the mountain move—or it may be an advertising card that

you're swinging your eyes on—you are advised not to give more than a vague attention to the exterior object, just to be conscious of its mass as your eyes pass and re-pass it, but not to let it drag them into anything like detailed inspection, for that would inhibit the magical swing."

Weather Man

NOTES STEADY RISE IN LEVEL OF GREAT SALT LAKE.

Salt Lake City, Mar. 2 (A. P.)—Contrary to the belief that Great Salt Lake was drying up, the water in the lake is gradually rising and, in the opinion of J. Cecil Alter in charge of the United States weather bureau here, it will reach the level it was at when the Mormon pioneers first came in 1847.

Government statistics show that the lake, which is 100 miles long and 40 miles wide, had an average depth of 35 feet 10 inches in 1918. From that time until 1920 the water gradually lowered until it reached only a few inches. However, it has been steadily rising since reaching its low level and now the average depth is six feet four inches.

Great Salt Lake is said to be what is left of ancient Lake Bonneville, which at one time covered most of what is now Utah and part of Nevada. The old shore lines of Lake Bonneville are still visible on the hills around Salt Lake City.

The gradual rise of the lake is causing considerable trouble to railroads and farmers. The former have been obliged to raise their tracks and farmers who settled on the shores of the lake when the water was down have had to desert some of their land which is being gradually submerged. The water of Great Salt Lake is

about 20 per cent. salt and it is estimated that should all the water be evaporated for the salt content about 100,000,000 tons of the product would be obtainable. The lake is popular for bathing because the water is so buoyant that it is possible to stay afloat without effort. There is no marine life on the lake because of the salty suggestion that fish be planted there has been discarded by experts.

No Awards at Wembley Exhibition

DIFFICULTIES OF COMPETITION—COMMEMORATIVE MEDALS FOR ALL EXHIBITORS.

The Board of the British Empire Exhibition announces an important decision on the question of Awards. Many representative exhibitors pressed strongly that awards, on the competitive system usually adopted at Exhibitions, should be made, and it was felt that the unavoidable difficulties experienced at past Exhibitions in assessing effectively the different exhibits under this system, would enormously increase at the Wembley Exhibition, where the only competition would be among exhibits of the various parts of the Empire.

Steps were, therefore, taken to ascertain whether exhibitors would not prefer, in the interests of everyone concerned, to abandon competitive awards altogether.

The Overseas Governments expressed themselves unanimously in favor of abandoning competition, while in the case of the United Kingdom Sections, an overwhelming majority of exhibitors were against the competitive system.

The Board of Exhibitors have therefore, amended the Regulations of the Exhibition, and a Commemorative Medal, accompanied by a decorative certificate, will be awarded to each exhibitor who has rented space in the United Kingdom Section.

India the Dominions, Colonies, Protectorates and Mandated Territories, will receive for distribution amongst their exhibitors, a sufficient supply of identical medals and certificates.

Exhibitors participating in collective exhibits of products or manufactures organized by the United Kingdom or Overseas Governments, or in Art and Scientific Research Exhibits organized by Governments, Associations and Committees, will receive a Diploma of Honor.

Actress Spy Who Aided France Gets Ten Years

LEIPSIG, Feb. 13.—Alvine Brust, the film-actress spy, who was recently sentenced to prison for ten years because of her activities on behalf of the French during the war, came to grief through her diary.

The woman worked for the French in Düsseldorf, Aachen and Nice. Her beauty made it possible for her to attract many men and the diary which proved her undoing showed she was frequently torn between many love affairs and had great difficulty in controlling her heart. With singular childlike honesty she recorded her emotions as well as the facts concerning her spy work in this diary which fell into the hands of German officers and proved her undoing.

She worked much of the time with a German medical student, who was also sentenced to prison for complicity in her espionage for which the evidence showed the woman received \$1,000 a month. She also involved another medical student in her work, but the two students fought about the woman and the one who lost out managed to escape from her clutches before he was hopelessly entangled in her career of espionage.

Prominent French diplomatists and many officers of various armies are mentioned in the diary among the men who succumbed to her charms.

Chevrolet produced 245,000 motor cars in 1922; 500,000 in 1923; commencing March 1st, 3,000 Chevrolet are being manufactured daily—all of which are high class fully equipped motor cars.—mar14,101,60d

10,000 Graduate Missionaries

More than 10,000 graduates of American colleges have taken up work in the foreign mission fields through the Student Volunteer Movement since its organization thirty-two years ago.

The movement extended from a humble beginning in the early 'nineties at Princeton University, where informal gatherings of a small group of students interested in missionary work were held at irregular intervals "to study conditions in non-Christian countries." Until now its influence has been felt in China (which has drawn over 3,000 of the student workers), Japan, Korea, India, Africa, South America, Mexico, Persia, Siam, the Straits Settlements, Central America, and Arabia.

A growing tendency is reported among students to devote their lives to Christian service abroad.

A rather timely painting of Uncle Sam right now would show him done in oil.—Detroit News.

DOES CLOTHES MAKE THE MAN? See at The NICKEL To-day

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"BACKBONE"
in 8 Stirring Acts.

A delightful Cameo Comedy
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Two Laughing Acts.

The Children's Contest
SATURDAY AFTERNOON
Send them all along.

M. C. L. I.

The question of which discovery or invention has contributed the greatest benefit to society was discussed at the Institute rooms last night, and a very large attendance greeted the occasion. All the speakers came well prepared for the subject entrusted to them, and very much useful data was presented. The speakers took their position by lot, so there was no choice or preference as to who should be first. Hence the following was the order:

First, Mr. Albert Soper, to whom was entrusted the topic of wheels, and who made a very good case of his topic. Wheels have played a most important part in the history of mankind, and from the earliest stages of civilization down to the present day, they have contributed to the progress and success of society. From the first crude customs of the distant past and the chariots of antiquity, to the modern wheels of the mighty engine, mankind has derived untold benefit when invention and science have been applied to machinery, the wheel still forms an important factor of the compact. At first the topic of wheel seemed somewhat trivial, but after last night's debate all who were present will have a wider vision of the place which the wheel occupies in the industrial and scientific world.

Mr. Alexander J. Mews was the second speaker, and to him was entrusted the topic of Printing, and in a masterly prepared address, he maintained that amongst all the inventions of art of the world, especially of the last century, printing had achieved more than any other invention, and had contributed more to the benefit of mankind and society in general. The printing press had literally given wings to thought, and the invention of the master minds of the day were circulated around the world in a short time, and this was simply due to the operation of the printing press.

Mr. Leslie Curtis was the third speaker, and he treated upon Electricity, and claimed that recent developments and applications of the electric current, both in the industrial and scientific world, had outstripped all other inventions, and had put life into wheels, and power into presses, and transmittance to thought. Though the record of electricity is only modern it has in the meantime achieved wonders, and brought the ends of the earth in close proximity, and has accomplished that which our forefathers would have thought impossible.

To Mr. Russell was entrusted the question of Steam, and he put up a strong case for his side. He showed that steam had long antedated electricity, and that in the last century, especially the early decades of it, steam had revolutionized industry, and had introduced a new and better day into factory life, and ocean traffic. No invention of all that we know of, had such a direct and marked effect upon industry as steam. It was the force-runner of motive power, and whether applied to ships or to railways, its record of a century, is proof that it should hold first place amongst invention, and that its achievements have contributed greatly to the advancement of society.

The Rev. R. H. Fairbairn was the last speaker, and his topic was of a scientific and medical nature; in as much as he dealt with Bacteria. In this he showed himself well versed, and what he said was afterwards substantiated by Dr. Tait who was present. The advancement of medical science, and the great stride that it had made in the discovery of bacteria, and antiseptics, have been the means of alleviating suffering, and of saving thousands, if not millions of lives. The inventions which the former speakers had treated upon were good and beneficial in the industrial and

scientific world; but Mr. Fairbairn's topic dealt with health and life, hence its importance. The speaker made a strong plea for the worth of medical discovery, and he put up a good case all through his argument. All the questions were very interesting, and several members spoke to them from the floor. The vote was taken by ballot, and the chairman announced the victory in favor of Printing.

The debate was of the usual high order of the Institute's curriculum; and proved interesting as well as entertaining, and was another link in the success of the present winter sessions. During the debate the chair was occupied by Mr. Grimes.

Enjoyable Smoker Concert

The first of a series of Lenten entertainments, under the auspices of the T. A. Literary and Amusement Committee, took place last night in the Armouries. The affair took the form of a "Smoker" Concert. The programme consisted of songs by Messrs. W. Myler, T. Donohy, R. Redmond, P. J. Donnelly and Gallagher and Shean. Recitations by Messrs. John Prowse and W. Murphy; Irish Jigs, Master John Healey, and a horn-pipe solo by Master Sam Healey. After a short interval the Minstrels of the Society delighted their friends with a farce entitled "Plantation Revels," which kept the audience amused from beginning to end. The C.C.C. Orchestra was present, and greatly enlivened the proceedings with popular selections. The first Lenten entertainment was a decided success, and the members are now looking forward with great interest to the next one.



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White Puddings, 15c. lb.
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White and Gold Sprig and three Gold lines . . . \$2.75
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Extra values, consists of 12 Cups, 12 Saucers, 12 Tea Plates, 2 Bread Plates, Cream Jug and Slop Bowl. A good variety of patterns and priced as follows: \$20.00, \$22.50, \$25.00, \$27.50 and \$30.00

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\$6.50, \$6.75, \$7.60, \$7.75, \$8.25, \$8.90, \$10.00, \$12.00, \$12.75 and \$14.00

If there is a possible criticism to be made of this stock, it would come from the bewildered shopper who finds too great a variety here to be able to decide on which is the most attractive among so many beautiful styles and decorations.

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