

OUR EYES CAN'T STAND THE PAGE

Alarming Amount of Harm Done to Them by Auto Speeding and Moving Pictures

COMPLAINT IS CALLED PICTURITIS

Headache and Nervousness Attributed to the Ocular Strain of Watching a Succession of Quickly Changing Scenes.

According to observers there is a new eye complaint developing in New York City, says the Sun, which for want of a better name is called picturitis. It is a result of the popularity of moving picture entertainments.

Thousands of men, women and children now patronize the moving picture shows which offer half an hour's entertainment for a nickel. Some visit two or three different shows in one evening and so spend practically an hour or an hour and a half in a darkened room looking intently at the jumping, rapidly shifting pictures on the screen.

The light on these pictures is uneven, and frequently sharp flashes of light fall on the retina. The effect on the eye is the same as watching steadily nearby scenery from the window of a rapidly moving express train or from a flying automobile, which is known to be very trying on the eye because of the rapid changes on muscular accommodation demanded.

To many watching these moving pictures causes discomfort. A few minutes of it gives them a sensation of eye strain and nervous headache. Others feel the effect of the strain afterward and do not attribute their sensations to the entertainment.

One physician in speaking of the records of recent physical examinations of men who wished to do gymnastic work said he had observed a number of cases of eye strain and of nervousness which seemed to be due to some eye trouble.

"In a number of cases," said he, "the condition could be traced directly to the fact that the subject owned an automobile and was fond of driving at a high speed. In many other cases, the majority in fact, the men never used automobiles and their only travel was in the elevated or subway trains. Some of them were fond of moving pictures.

"On talking with them about it I discovered that the trouble was directly due to this cause. It is certainly the only plausible explanation.

"I am not in a position to state that moving pictures are harmful in all cases, as I have not collected sufficient data to form definite conclusions. I can say, however, that the strain on the eye from speeding in an automobile does lead to nervous arrangements and a lowered physical tone.

"This is due partly to the constant strain and responsibility people driving at a high speed are under. But much of it is due to eye strain coming from watching fences and trees and nearby objects flitting by at a rate of fifty or sixty miles an hour.

"The rapid rate at which moving pictures jiggle before the eyes, coupled with the fact that the light must necessarily be less than that of daylight and the nearness of the pictures to the spectator, produces a condition even worse for the eye than speeding at a seventy mile clip in a car.

"Certainly such conditions are not normal ones for the eye. Of course when we come to that the extensive use of artificial illumination, reading at night and using the eyes after dark in intricate processes are not natural. Primitive man did his work by daylight, and slept at night. And probably to the fact that at night he had no electric lights and no finely printed newspapers and books to read was due the other fact that he could see much better in the dark than the average city man of to-day. As it is the countryman of to-day can get around far better without light at night than the city man.

"This moving picture habit, which subjects the eyes to high power illumination broken into instants of alternating light and shade, certainly cannot be restful or beneficial to the eyes. Personally I find any long view of these pictures very uncomfortable, and I know of many who complain that they produce unpleasant ocular sensations."

Paper Garments.

A manufacturing house makes light, strong paper garments for hospital use—buttons and cloth edges. There are paper bottles. Paper horseshoes more durable and lighter than steel, stuck on with cement, not nailed. Thus it is invention, not pity and prayer, that relieves the pain and thralldom of man and beast. Paper reinforced with wire mesh makes houses, boats, hospitals, etc.; is fire-proof, water-proof, heat and cold proof. As for the rest, the police, not thick fortified house walls, should protect us. The living dead man builds his house of rock like his ancestor when hedged around and surrounded with enemies to assure fortification. Make the police do this work.

Ills of Doctors.

A sanatorium for doctors is in Marienbad. Gout, rheumatism, fatness and heart disease are the main troubles treated.

Notes and Comment

Of Interest to Women Readers

GERMANY'S TOMBOY PRINCESS.

Grand Duchess Anastasia of Mecklenburg-Schwerin Doesn't Overlook Opportunities for Fun.

All England is wondering what Anastasia, grand duchess of Mecklenburg-Schwerin, is going to do next. Probably there isn't any other member of a royal family in the continent who keeps the German court in such a state of anxiety.

Nevertheless the people love her and have christened her "The Tomboy Princess."

The grand duchess simply doesn't care a big fig for conventionality, and



Grand Duchess Anastasia.

everybody knows it. Playing at Monte Carlo and motoring come in the wee small hours with a medley assortment of companions, frequenting Parisian cafes chantants entirely unchaperoned, entering local tennis tournaments under an assumed name, taking motor boat trips with her cousin unattended even by a maid, and wearing trousers in public are only a few of the many pranks in which this royal princess has indulged at different times. They serve, however, to explain how she gained for herself the nickname.

Despite these unusual phases of temperament, the grand duchess has many redeeming qualities. She is intensely charitable, and generous hearted to a fault. She is brilliant and fascinating, and, though she loves fun, and knows how to get it, it is said that when all is said and done her gravest faults have been breaches of custom and tradition rather than of morality.

CLASSIFYING COEDS.

Each Sex Conspicuous in the Study of Certain Subjects.

What are called practical subjects occupy the young men at the University of Wisconsin, while the maidens seem more and more to monopolize the humanities. On the broad steps of the Engineering Building, for example, you never see a mingling of the sexes; always a crowd of youths waiting for their classes to begin and now and then relieving their feelings by chanting college anthems.

Over against them, across the campus on the steps of the Law Building, is another crowd of boys who now and then well defiance at the future engineers. On the other hand literature, poetry, art, the culture languages, the more humane and refining elements of learning, draw a great preponderance of girls, so that they often outnumber the boys in these classes by three or four to one, and some of these classes tend to become exclusively female.

Then there are debatable subjects, such as European and American history, where the numbers are more nearly equal, and on this neutral territory a fierce and memorable storm raged about a year ago. It was suggested that where the classes were so large as to be unwieldy and where the numbers of the young men and maidens were fairly equal it might be at once practicable and desirable if the classes were divided into two sections according to sex, each sex having a class to itself. This, it was thought, might make for more concentration and better results might be obtained.

"I believe," says a writer in Harper's Weekly, "that this seemingly harmless and perhaps really useful idea aroused a storm of opposition, not so much from the youths and maidens as from their parents, who denounced the practice as un-American and undemocratic. All of which shows that much depends on the point of view. As the parents represent the people of the State of Wisconsin and as the university belongs to the people of the State this view naturally prevailed and no further efforts at segregation were made."

Odd Experience of Deaf Woman.

Philadelphia physicians tell a remarkable story of a woman almost deaf and living alone in a cottage on the shore of Hampton Roads. A friend called one afternoon, and a battleship lying at anchor began to fire a salute of ten guns. The windows rattled with each report and the house shook. The woman mistook the booming. She waited until the firing ceased, then brushed her hair back with old-fashioned care, smoothed her dress in expectation of another visitor, and in a sweet voice said, "Come in."

Lucinda's Experiences

"My new suit hadn't come home yet," said Lucinda, "and here it was Friday afternoon and I was going away Saturday and I wanted it."

"It was originally promised me for Thursday, but it didn't come, and so naturally I was disturbed over it, and on Friday morning I telephoned about it. They told me that it would certainly be delivered that Friday, you understand, afternoon."

"But Friday afternoon went by and Friday evening, and the suit hadn't come, and then really I began to get anxious; and on Saturday morning I telephoned again about it. And that sure did surprise them. Why, they said, they had delivered my suit yesterday, and wait a minute they said, they would call up their delivery department, which they did, and in a minute they told me that their delivery department said they certainly had delivered my suit to me yesterday, Friday afternoon."

"So then I said wait a minute and I called up our hallboy and asked him if there was anything downstairs for me and he said no, and when I got the store again, to tell them that the suit has certainly not been received, the store people were still more surprised and very seriously interested. Here was a question involving a suit of some value that was now missing and involving also the business methods of their delivery department. They said that that suit was delivered at my house between 6 and 7 o'clock the previous evening, and that the manager of their delivery department was coming right up to see me, bringing with him the wagon boy who had brought the box into the house."

"By this time it had come to be about 9 o'clock—it was now Saturday morning, you remember—and ordinarily our night elevator boy would have been gone, but fortunately he had been detained, and now we got into communication with him and explained the situation to him and got him to wait."

"When the delivery manager came he didn't talk much, but he was calm and straightforward and evidently desirous to set things right. Of course he was deeply concerned, but he was there to get the facts. We stood around in a little circle in our parlor, mother and sister and the delivery manager and the wagon boy and I, and talked it over, and when the manager asked the wagon boy if it was here he delivered the package he said it was; that the wagon got here about twenty minutes past 6 and that he brought the package in and set it down in the hall downstairs by the elevator boy."

"Then we called up our night elevator boy and he joined the circle, standing up very straight. And he looked at the wagon boy and the wagon boy looked at him and then says the manager to the wagon boy: "Is that the boy you left the package with?" and the wagon boy looked at our elevator boy and said:

"It is."

"You never left it with me," said our boy; and then the two boys stood and looked at each other, and the rest of us, everybody silent now, stood and looked at them. It was just like a scene from a play.

"Don't you suppose he could have left it next door?" suggested somebody. The house next door has an entrance somewhat similar to ours.

"Go and see," said the manager to the wagon boy; and while he was gone we all stood just the same with nobody saying a word, and in about two minutes the boy was back and sister let him in and when we heard the ring we all looked that way, and when sister opened the door in came the boy with the package!

"And what a blessed relief that was to everybody! The wagon boy smiled as he came along the hall and even the delivery manager smiled a little over the finding of the package; in fact we all smiled, and then the delivery manager took the wagon boy and went away. What the manager did to the boy we never knew."

Open-Air Church Services.

The experiment of holding services in the open air, instead of inside the church is being attempted by one of the congregational ministers at Bendigo. The parson in question, according to an Australian paper just to hand, having in mind the badly ventilated condition of many churches and the fact that the congregations are not always composed of those who are in the best of health, has decided that if his people are agreeable the Sunday evening services shall be conducted for the remainder of the warm weather in the open air. There are no doubt, many people in this country who would like to see this experiment tried over here on hot Sunday evenings—*Westminster Gazette.*

Explorer's Tribute to Japan.

Writing in the London Times, Dr. Sven Hedin, the celebrated Asiatic explorer, says of Japan and the Japanese: "Wonderful country! Wide awake, lovable, joyful people. How old, exhausted and gray life is in other countries of Asia compared to that of the Land of the Rising Sun, where every man goes to work silently and dutifully, and the women smile even when the rain is coming down in streams from the dull gray heavens. A people who believe in themselves, their own greatness, their own future, a people steeped to the marrow in loyalty, sense of duty, perseverance and patriotism, a progressive and industrious people, awake, intelligent and well informed in all the ways of life."

POSSIBILITIES OF PEAT SWAMPS.

The concealed wealth of the peat swamps is being brought to notice through the efforts of the American Peat Society. It appears that in the great swamps of the northeastern States, are concealed resources like those of the coal mines of Pennsylvania. It claimed that the two million acres of peat swamp in northern New York could develop an industry as large as that of anthracite coal mining in the neighboring State. One of the speakers cited that an acre of peat bog would yield 204 tons of air dried fuel per foot of depth while one hundred acres with a deposit of peat ten feet deep would yield 204,000 tons. At this rate the peat bogs of the northeast would yield an almost unlimited product. Besides peat fuel the bogs are made to produce ammonia fuel gas, coke, and the moss on the surface of the bog is dried and sold as stable litter, being claimed as far superior to straw for this purpose. So far, the peat industry has not made very great progress in this country but during the past year or two greatly improved machines have been made for handling the material it may be that with the advancing prices of coal and wood the peat industry will develop fast enough to make a place for itself and furnish a profitable market for great areas of peat land.

AN ESCAPE OR A MISFORTUNE?

Senator Depew, after telling his Brooklyn friends, how near he once came to buying for \$10,000 a sixth interest in the telephone, proceeded to express satisfaction instead of regret over his failure to invest and to thank the man whose advice had prevented him from doing it. The result would have been a fortune of \$100,000,000, said the Senator: "What a lucky escape! I would have been dead long ago from high living and my family ruined by too much prosperity."

Now how much of that was sincere and how much a jest? To ask the question may seem like a confession of inability to see a joke, but both the Senator's statements may well be true in gravest earnest, and many a philosopher—with no chance of getting even one million—would say that there was no doubt about the accuracy of either of them.

WISDOM WITH FAT.

Nature frequently makes fat men wise, deliberate and prudent, like the elephant and the whale. Doubtless this is to take the place of physical quickness and lightness in emergency. Some of the wisest, spur-of-the-moment intellects have been of fat, foxy men. Hismarck was the largest and most profound and calculating man of his age. William the Conqueror was no slouch, and he was about all that a horse could carry. Medallion portraits of Philip of Macedon look like a fat Buddha. Washington was the deepest, most calculating, resourceful and at the same time noblest and most inductive of all minds, and the indications are that he would have been fat if sickness and being worked to death had not kept him down to the 250-pound mark.

PUBLIC SENTIMENT A FACTOR.

"How far public sentiment may properly be taken into the account in judicial regulations necessarily admits of no definite boundaries. Obviously an electoral judge who would warp the law to favor a popular prejudice, or even an intelligent popular conviction, would be unworthy of his office. But it would be equally out of gear with fact and morality to assume that popular opinion is no rightful factor at all in giving effect to societal rules of conduct."

REINCARNATION.

A Hindu theologian who is now lecturing in Chicago says that "instinctively some men and women rebel us." He explains it by saying: "We are at a loss to understand this until we realize that we have known them in other lives and that this antipathy is the result of indirect memory."

MISSING LINKS EATEN.

Man has an instinct to destroy all inferior races, even as we destroyed Indians and Europeans destroyed that ancient race, the ancestors of Basques. It seems probable and not new that as man improved he destroyed, often ate, all "missing links" between himself and the apes, and thus "missing links" were wiped out ages ago.

The day is past when the college president is compelled to stand in the outer courts waiting for a chance to interview the millionaire and rescue for the cause of education some of his accumulated gains.

Some of the happiest and most useful people we have ever known were men or women unable to work or play, sometimes even bedridden and helpless.

Taking the average for the world there is one newspaper for \$2,000 souls. No wonder so many know nothing of what's going on.

The Bureau of Labor at Washington is able to figure out for 1908, as against 1907, an average decrease of 5.2 per cent in the cost of living. It is unfortunate that the statisticians cannot pay the bills.

THE MURDEROUS REVOLVER.

What is to be done with this weapon of cowards and thugs? It would be very good if all the pistols in the world could, somehow, be destroyed simultaneously. We talk much and hopefully of international disarmament of society, that is constantly warring upon itself; that is, that portion of society that is composed of cowards and crooks who go armed? Think of the murders committed annually in the United States alone by means of the revolver! Then add to that the accidental deaths by the revolver. Many more lives are taken each year in this country by the revolver than died of wounds in the Spanish-American War.

There is only one possible reason for carrying a revolver. That purpose is to take life. It may be to take life deliberately and murderously, or it may be to take life in self-defence—if necessary. It is never necessary.

To the citizen the revolver is no protection. To produce it in peril exposes one's life needlessly. To take a human life, is to the average man or woman, infinitely more terrible than being robbed. However, the greatest danger is the pistol in the possession of the coward and the bully.

If there be one argument against banishing this deadly pest from the Christian world, we should like to hear it. We do not know of it.

IS HUMOR UN-POPULAR?

Is the world growing staid and dull? The Atlantic Monthly publishes seven little parodies, and is solemnly reproved for "getting gay," and as solemnly commended for tempering its general sobriety with a touch of humor. Thirty-seven years ago The Atlantic published forty-two parodies, distributing them among seven successive numbers, and accompanying each group with one part of "The Poet at the Breakfast Table," and nobody even whispered "getting gay." Was not The Atlantic the chosen vehicle for the humor of Holmes and Aldrich and Lowell? Did it not publish Mark Twain's paper on the forgotten lay, "Punch in the presence of the passenger" in the United States which departs less from its tradition when it publishes anything amusing, what's its name, and where's its home? Is fun growing rare, that every small indulgence must bear its comment?

SCHOOL CHILDREN'S ATTENTION.

Prof. W. Phillips read recently, before the Royal Sanitary Institute in England, a paper detailing his observations on the limit of school children's capacity for attention. He concludes that two intervals of rest of ten minutes each during an ordinary school session are more useful than one of twenty minutes. The attention wanes more rapidly in the afternoon, and consequently the studies which most severely tax the attention, like mathematics should be confined to the morning hours. Professor Phillips concludes that gymnastics is not of necessity a mentally recuperative agent. If the teacher is a strict disciplinarian in gymnastics, the fatigue exhibited by the children may be of a pronounced character.

AMERICA THE COMFORTABLE.

People with an average income of from \$1,000 to \$3,000 a year live in far more convenient houses in America than in England. The matter of water, heat, lighting, suitable kitchens and laundries is insisted upon with us, and is lacking to an appalling extent in English country or even town houses, and also in the more pretentious country houses themselves. The houses of the poorer classes, laborers, clerks, servants and the like, are mere boxes, with none of the conveniences to which Americans even of the poorer classes are accustomed.

THE PUNY CHILD.

At the Prescott School in Charlestown, Mass., a class was made up of twenty puny children who were backward in their studies; the kind of under weight children who are no good at baseball and are likely later to develop consumption. In one month they gained an average of four pounds in weight and improved greatly in their studies.

What seems so marvellous was no miracle. They were simply taught out of doors. In the middle of each session each child had a cup of hot malted milk.

In a recent sermon, described in the Christian Life as a powerful and eloquent plea for work according to the precept, "Each for all, and all for each," Dr. Estlin Carpenter suggested as a motto for worship and work, "Courage and Cheer."

If one looking outside of himself sees what seems to him to be a bad world, let him say so and begin to make it better. If he sees a good world in the making, let him rejoice in the opportunity to fall in and help.

One big day's work with the boys and the hired man to help will put the yard and the ground about the house in fine order. The wife will be pleased too.

In the last twelve years our agricultural credit balance of trade has increased from an average of \$234,000,000 to \$411,000,000.

The scientist who says men have "bad days" once in twenty-three days surely understates the case.

Mr. Harriman says the panic of 1907 was due to fright.

WHY NOT USE OUR MAGICIANS?

The astounding fact was divulged, at the dinner of the Society of American Magicians, that there are 20,000 of those wonderfully gifted fellows in this country, men who can pick gold coins out of the thin air, pull a ton or two of dress goods, a gross of American flags, and a live pig out of a casual silk hat, palm live goldfish, and hatch handkerchiefs out of hens' eggs. Twenty thousand experts in the art of mystifying their fellow-men, whose dexterity, invariably accompanied by pleasing conversational gifts, is employed only for diversion. No feat of the Spiritualists, hypnotists, clairvoyants, or so-called healers is more remarkable than the tricks these fellows can play on the vision and imagination of a roomful of normal human beings.

The gravest troubles the French Government encountered in its early efforts to pacify Algiers were caused by the influence of the native magicians. The experiment of sending Robert-Houdin and his son, both expert conjurers, to saw the Algerians how much more astonishing the repository of acknowledged trickery was than the mysteries they had been accustomed to, proved very successful. It seems that our army of professional mystifiers might be employed to the same purpose among the unlighted dupes of the charlatans who infest this country.

Wherever a pretentious impostor, claiming occult powers, is gulling the people, a free exhibition of the same sort of thing, confessedly produced by acquired skill, would have a wholesome effect. This is no joke. Our 20,000 magicians might well be employed to educate the masses and lift them out of the rut of superstition.

IRRITABILITY THE WASTER.

Those who are easily irritated lose an enormous amount of precious time and costly energy. In physiology, irritability is the property of responding to a stimulus. In botany, plants endowed with irritable organs, when they touch any object, clasp it. This is all right in soulless plants or muscles or nerves; but it is all wrong in men and women who are supposed to decide for themselves what to respond to, or grapple with, and what to leave alone. He is the most miserable of all men who must respond to everything that touches him. He is the happiest of men who can quietly ignore much that invites him. How often we have spoiled an entire day, which seemed to be bright with promise, simply by letting ourselves become overwrought and upset, early in the day, by an unpleasant word or annoying action of another! How often, again, have we been saved from the loss of time and temper that seemed imminent in this way, simply because something else "happened" to divert our attention and cause us to forget for a few minutes the irritation to which we were so valiantly responding, and which was threatening our peace and usefulness! Then we were ashamed of ourselves for having to be saved in that indirect way, when a little resolute will-power would have put the irritation to rout. An instant's irritation is often beyond the control of any one; but to allow that irritation to remain and dominate and destroy is to get down to the level of plants and animals.

STIMULANTS USED BY WRITERS.

Thomas Stoddard, a dramatic writer of some note in the seventeenth century, died through an overdose of laudanum, while Walter Savage Landor was said to be addicted to the use of cocaine. Lord Byron's extreme restlessness led him at times to seek relief for shattered nerves in doses of morphia, and Sheridan indulged in the same habit.

NEW STEAMSHIP RULE.

Hereafter the steamship companies bringing immigrants to America must provide about seven cubic yards of air space for each person. The object of this rule, which was lately enacted into law by Congress, is to prevent the overcrowding of the steerage and the consequent danger to the health of those who have to travel in that part of the ship.

The main reason why the tide of middle west farmers is moving to the Dakotas, Nebraska, Canada, and other parts of the great northwest, is because good lands in those sections can be bought for about one-fourth the price of lands in the older sections. In Illinois and Indiana good land really brings from \$100 to \$200 per acre, and it takes a mighty good farmer to make money on that kind of land.

The California law requiring restaurants to designate cold-storage poultry and eggs as such marks a further advance in pure-food legislation for the benefit of the consumer. Labels indicating the length of the term of storage may follow in time.

The discovery that scrap-iron which underwent the heat of the San Francisco fire makes a superior armorplate for warships seems to have been made on the order, of the Chinese discovery of roast pig as recorded by Charles Lamb.

While Colorado offers almost ideal conditions for the raising of poultry, that State had to ship in from eastern States, last year, poultry and poultry products valued at \$3,000,000.

The latest wireless inventor says he can blow up a battleship's magazine from 500 miles away. Such a fellow should find war as safe as hunting lions in African game preserves.