

DANGEROUS EYE STRAIN.

It Has Many Symptoms and May Affect the Whole System.

Chief among the symptoms of eye strain are watering of the eye, a gluing together of the eyelids on awakening in the morning, headache, the position and character of which vary with each individual. It may be neuralgic or it may be deeply seated.

The headache is often replaced by an inflammation of the eyelids, especially in young and healthy persons, who also have a little conjunctivitis, with a feeling of tension or fullness in the eyes which may become real pain of a dull aching character, the eyeballs being very tender on pressure.

Sometimes there are vertigo and sickness, with dyspepsia, palpitation and even difficulty in breathing. Sleeplessness is a very frequent symptom, due in part to the excessive flow of blood to the brain and in part to the low tone of the whole nervous system.

The symptoms of eye strain appear sooner in those who lead a confined and sedentary life, who follow occupations which need a constant use of the eyes in bad or unsuitable light and in those who are debilitated from any cause. The symptoms appear later in those of coarser fiber, who pass much of their time in the open air or who follow occupations which do not need a prolonged use of the eyes for close work.—London Lancet.

PARADISE OF ARTISTS.

Story of a Curious Incident That Happened in Japan.

William M. Chase, the American artist, used to tell in the course of a lecture on Japan the following story of an incident in which he figured in that oriental paradise of artists:

I was standing on a railway platform in Japan, waiting for a train and willing away my time by watching a particularly beautiful sunset.

Suddenly a freight train pulled in and, stopping in front of me, cut off my view. Being a good American and trained in a very proper respect for "business," I merely turned philosophically away and proceeded to look at something else. In a moment, however, the station master appeared at my side and inquired with the politest of bows if I had been enjoying the sunset.

I admitted that I had and smilingly accepted his apology for the intrusion of the train. Of course I recognized that trains were the first consideration in stations, I said.

Imagine my surprise, then, when the little Japanese shook his head firmly. "But no," he said, bowing even more deeply than before; "the train must not be allowed to obstruct the honorable artistic traveler's honorable aesthetic enjoyment"—or words to that effect. "I will cause it to withdraw."

And he actually did precisely that!

Hay in Church.

A curious custom has been observed from time immemorial at Old Weston, Huntingdonshire, in England. The church there is dedicated to St. Swithin, and on the Sunday most nearly approaching St. Swithin's day the edifice is strewn with new mown hay.

The tradition is that an old lady bequeathed a field for charitable purposes on condition that the tenant provided the hay to lessen the annoyance caused by the squeaking of the new shoes worn by the villagers on Feast Sunday. There are other explanations—one that it is an offering of the first fruits of the hay harvest, and another that it is a survival of the custom of strewing the church (when the floor was only beaten earth) with rushes.

Disease.

Diseases are not isolated affections of the single organs or groups of organs in which they manifest themselves—mumps, of the salivary glands; typhoid, of the bowels; consumption, of the lungs; nephritis, of the kidneys; eczema, of the skin, and so on—but are a failure of the body as a whole to carry on its functions, and the particular organs in which the symptoms appear are merely groups of cells that for specific reasons show the defect.

In the New York Medical Journal Dr. Smith Ely Jelliffe, the famous specialist in nervous and mental diseases, says this conception of disease is as old as Hippocrates, but is "too frequently overlooked in an era of absorbing specialistic investigation."

Our Business in China.

You ought to see the American business representative in China. It would do your heart good. They are the younger set, clean cut, strong, alert, efficient. The first thing they do when they land in the heart of China is to see up the Stars and Stripes, and then they go out and find a buyer for their goods.

But the flag first, with them. The United States must get behind these missionaries of its commercial life, as it gets behind its religious missionaries.—Victor Murdock in Kansas City Star.

Shark Skin Leather.

The use of shark skins for leather is becoming a large industry, and many fishing sloops are now engaged in the business of catching sharks. This work is common in both the Atlantic and the Pacific. The shark has never been considered as anything more than an enemy of man, but the leather industries of the country are finding a good use for it.

Best Way to Get It.

If you want something you should apply for it, as if you had no hope on earth and work for it as if you expected no help from heaven.—Hilbert.

KEEP THE TOWN CLEAN.

Make it a Campaign to Last as Long as There's Work to Do.

Don't call it a cleanup day or a cleanup week when you start out to really do something to make your town or community a cleaner, safer, healthier place in which to live, suggests a state board of health bulletin. Or rather, don't let it be the prevailing idea that one day or one week is sufficient in which to clean up and get rid of all nuisances and health dangers. And, what is still more important, don't think that when you have cleaned off a few vacant lots and alleys, set out a few trees and carried off the trash and papers from a few back yards that you have had a successful cleanup campaign. As a matter of fact, you haven't touched the dirty dirt or removed any of the real dangers to health and safety.

It is true that trash and rubbish are unsightly and should be removed, but in comparison to flies and the feeding and breeding places of flies rubbish is not the filth that we think it is. To some people flies may not look as bad as trash, but it is only to those who don't know where they breed, what they eat and the number and kind of disease germs they carry on their feet. It is this kind of filth that a cleanup campaign should go after and clean up.

A cleanup campaign should not stop at a week, at a month or a season unless the town or community has in reality reached the point where it can clean up and keep clean. No spasmodic effort at cleanliness gets results. It does not only fail to get a clean and attractive town, but it is worse than nothing as a means of safeguarding health. The cleanup campaign that is worth while is that which induces the people to clean up and keep clean all the year round and which goes after the dangerous filth—flies, surface closets that admit flies and breeding places for flies. Breeding places for mosquitoes might well be added to the list.

CHINESE FARMS SMALL.

Hardly More Than Gardens, and the Cultivation is Intensive.

It is incorrect to speak of the Chinese as farmers in the strict sense of the word, for they are gardeners rather than farmers. A so-called Chinese farm is no larger than what in America would be called a good sized garden, and the methods of cultivation are of the most intensive sort.

Generally speaking, it seems that the greater the prosperity of the agricultural family the larger the number of children; hence in turn the greater the number of mouths to feed. In addition prosperous conditions always bring with them greater expenses incident to family festivities, such as weddings, which stand out as all important considerations in the lives of the Chinese.

In Manchuria the conditions are somewhat different, for there are vast stretches of land open to cultivation on a much larger scale than in China proper. These tracts are generally worked by hired farmers, who come in hundreds of thousands from the more densely populated sections of China to spend the short farming season in northern portions, returning again when the cold weather makes further labor in the fields impossible.—United States Consular Report.

A Turkish Love Story.

A Turk knocked at his beloved's door, and a voice answered from within. "Who is there?"

"Then he answered, 'It is I.' Then the voice said, 'This house will not hold these and me.'"

And the door was not opened. Then went the lover into the desert, where there is nothing but Allah, and fasted and prayed in solitude.

And after a year he returned and knocked again at the door.

And again the voice asked, "Who is there?"

And he said, "It is thyself."

And the door was opened to him.

Dickens and a Face Ache.

Dickens wanted to be an actor before he was an author. He would have been but for a face ache. When he was a lad and a lawyer's clerk he had attained a trial of his power of reproducing "character and oddity" before Mathews and Charles Kemble. But a face ache kept him at home, and soon after he "made a great splash" as a newspaper reporter. Thereafter he reproduced "character and oddity" on paper instead of the stage.

The Optimist.

"You're looking blue, doc. What's the matter?"

"Well, I'll tell you. A patient I began to treat died this morning."

"Ah, cheer up. He might have died even if you hadn't been called."—Tribune Blade.

The Problem.

She (delightedly)—Father says if we want to get married he will pay half the expenses of furnishing a house for us. He (despondently)—But who will pay the other half?—Chicago Herald.

Speaking of "Turks."

What goes around the corner with out moving? A curbstone. What turns without moving? Milk.—Boys' Life.

Musical Criticism.

The Musician—Hang it, Bill, don't you realize that one of your shoes squeaks in B-flat and the other in G major?—Life.

Truth is as impossible to be soiled by any outward touch as the sunbeam.—Milton.

WORK OF THE PRESIDENT.

"Put It In Writing," Is the Rule of Our Chief Executive.

Mr. Wilson likes to have things in writing, and almost all of the business of the Wilson administration is conducted in that way. The cabinet has learned to submit virtually everything in writing. Mr. Wilson has no stenographer with him at night. He keeps a little typewriter beside him and types a brief comment or reply to each of these long communications.

Even the president's private secretary, when anxious to lay before him a matter of importance, draws up a memorandum or brief giving the pros and cons of the subject. He could just as well walk a few steps to the White House from the executive offices or even consult the president when he is in his office, but ever since he was governor of New Jersey Mr. Wilson has indicated that he prefers to have important questions placed before him on paper so that they may be examined at his leisure, though the very word is a misnomer.

No mind could retain all that is said to the president in a single day, so it happens that Mr. Wilson's desk is always piled high with papers. It is a constant battle against a constantly ascending pile. Part of the mountain is made up of official papers and commissions that merely require the president's signature, small bills and resolutions that have passed congress. Writing one's name a hundred times is a monotonous undertaking, but the president must do it literally thousands of times a week.—David Lawrence in Century Magazine.

A HISTORIC CHURCH.

Linked For a Century With Official Life in Washington.

In historic St. John's Protestant Episcopal church, just across Lafayette square from the White House, more presidents and men prominent in Washington official life have worshipped than in any other church in the national capital. St. John's, now a century old, was the first building to be erected on Lafayette square after the White House, which was completed in 1800. The presidents of the United States who worshipped here were John Quincy Adams, Madison, Monroe, Van Buren, William Henry Harrison, Tyler, Taylor, Fillmore and Arthur and in more recent times the White House was represented by Mrs. Roosevelt and Mrs. Taft, who made St. John's church their church home.

Other prominent people were regularly seen in the congregation, including Stephen Decatur, Henry Clay, John C. Calhoun, Chief Justice Fuller, Salmon P. Chase, Benjamin F. Butler, Lewis Cass, George Bancroft, Winfield Scott and George Dewey. Its rectors officiated at nearly all of the early White House weddings, many notable ones having taken place within its sacred walls.

The denominations have been pretty well represented in the presidency. Grant attended the Metropolitan Methodist church, McKinley the Foundry Methodist church, Benjamin Harrison and Cleveland attended the Presbyterian church, Wilson is a Presbyterian and, like Cleveland, the son of a Presbyterian minister; Garfield was a member of the Disciples church, and Roosevelt attended the Dutch Reformed church.—Christian Herald.

Fashion's Changes.

One can say with a certainty that in the twentieth century no one will be able to boast that he has created anything absolutely new in fashions. The crinolines of the Empress Eugenie were a reminiscence of the panniers of Marie Antoinette, and long before her time, in the orient, women had conceived the idea of enlarging their skirts by means of hoops. A few years ago women of fashion affected high waists and sheath dresses, but before them Mme. Recamier had done the same thing, and the dresses of Mme. Recamier were suggested by the Greeks and the Romans. In short, like everything else, fashion is a part of the same everlasting come and go. We do not advance as we are prone to imagine; we repeat our steps.—Roger Boutet de Monvel in Century.

Ruined by Jeeting.

The Antiochenes themselves brought about the ruin of the beautiful city of Antioch, the ancient capital of the Greek kings of Syria. These people were famous for their biting and scurrilous wit as well as their ingenuity in devising nicknames. When the Persians under Ochroses invaded Syria in 538 the Antiochenes could not refrain from jeeting at them. Ample revenge for this was taken by the Persians, who totally destroyed the city.

Discouraging.

Mistress—Sarah, I saw the baker man kiss you today. I really shall have to take the bread in myself in future. Sarah—'Twouldn't be so use, ma'am. He wouldn't kiss you, 'cause he promised he'd never kiss anybody but me!—Farson's Weekly.

The Division.

He—So young March and his father are carrying on the business? She—Yes. The old man runs the business, while young March does the carrying on.—New York Globe.

Consolatory.

"They say men of brains live longer than others." "Don't worry; you may be one of the exceptions to the others."—Baltimore American.

It is the people who know how to get who do continuous good work.—Harraden.

LEAD THE SIMPLE LIFE.

Common Sense Points the Way to Reaching a Ripe Old Age.

It is astonishing how many old people there are in almost every community in New England. Every day there is recorded in the press the passing of some one who has reached the nineties, and quite frequently there is mention of a centenarian. These people, generally speaking, die in the rural districts, but the cities are not without a group of them.

These events indicate that there is no necessity for any one who takes proper care of himself to fail to reach old age. Longevity is merely a matter of caring for oneself and keeping in a cheerful frame of mind. An important factor also in long life is to indulge in some occupation, if only for a few hours daily, in order that the mind and body shall have normal exercise. Drones seldom live long.

It is noteworthy in all the interviews which visitors have with the very aged that the latter invariably explain that they attribute their longevity to leading the simple life. They eat sparingly of the most nourishing food that agrees with them, are temperate in the use of all liquors, obtain plenty of sleep, and indulge daily in very light exercise and do not worry.

Whoever follows these simple rules can count on living about as long as he or she desires.—Boston Globe.

OUR NATIONAL ANTHEM.

Rules That Army Men Must Always Obey When It Is Played.

In view of the fact that many persons appear doubtful as to proper action when "The Star Spangled Banner" is played the army regulations, applying to members of the army only, are here presented:

Paragraph 378.—Whenever the national anthem is played at any place where persons belonging to the military are present all officers and enlisted men not in formation shall stand at attention and face toward the music, except retreat, when they shall face toward the flag. If in uniform, covered or uncovered, or in civilian clothes, covered or uncovered, they shall salute at the first note of the anthem, retaining the position of salute until the last note of the anthem.

"If not in uniform, covered, they shall uncover at the first note of the anthem, holding the headress opposite the left shoulder, and so remain until the close, except that in inclement weather the headress may be held slightly raised. "When played by any army band the national anthem shall be played through without repetition of any part not required to be repeated to make it complete.

"Paragraph 264.—The playing of the national anthem of any country as part of a medley is prohibited."

No Parallels in Nature.

The wise men say there are no parallels in nature, that no one thing in the wide universe exactly mates and matches any other one thing, that each cloud has differed from every other cloud form in any hour of the day and night or day or yesterday, and so on back through the forgotten centuries, and no two leaves in form, color or texture lift the same faces to the sun on any day of the millions of years; that no wave on any beach curves and falls as any wave has curved and fallen before, not since this planet cooled. And so it is with the whirls and the crystals of driving snow, with the sand and splash of rain and so, too, with the flight of birds, the dash and tumble of the restless brook and the roar of lawless thunder and the cry of birds.—F. Hopkinson Smith.

Ireland's Shamrock.

The shamrock of Ireland is an indigenous species of clover which trails along the ground among the grass in meadows. The trefoil leaves are not more than one-fourth the size of the smallest clover in America and are pure green in color, without any of the brown shading of white and pink clovers. The creeping stem is hard and fibrous and is difficult to dislodge from the earth. On St. Patrick's day the true shamrock has to be searched out from among the grass, for though comparatively plentiful at that season, it grows close to the ground. Later it bears a tiny blossom.

He Was Too Quick.

"Hubby, you know that letter I said I gave you to mail?" "Yes, my dear; I assure you I mailed it." "No, you didn't. I didn't give it to you. I thought I gave it to you, but I gave it to father."—Louisville Courier-Journal.

More Serious.

"You seem indifferent to criticism in the newspapers." "I don't have time to keep up with it," replied Senator Borah. "You ought to see what my constituents send me direct through the mail."—Washington Star.

An Old Friend.

"You're an old friend of Mr. Newrich, I understand?" "I should say so. I can remember when he used to drink his coffee out of the saucer."—Detroit Free Press.

The Wise Ones.

"Don't you wish you knew as much as your children think you do?" "No. I wish I knew as much as my children think they do."—Houston Post.

If you bring a smile to the discoverer of another you will soon discover that a smile is alighting on your own face.

ENEMIES TO SUCCESS.

Learn to Avoid Timidity, Shyness or Self-Consciousness.

Timidity, shyness and self-consciousness belong to the same family. We usually find all where we find any one, and they are all enemies of peace of mind, happiness and achievement. No one has ever done a great thing while his mind was centered upon himself. We must lose ourselves before we can find ourselves. Self-analysis is valuable only to learn our strength; it is fatal if it makes us dwell upon our weaknesses.

Finally, shy people are morbidly self-conscious. They think too much about themselves. Their thoughts are turned inward; they are always analyzing, dissecting themselves, wondering how they appear and what people think of them. If these people could only forget themselves and think of others they would be surprised to see what freedom, ease and grace they would gain, which success in life they would achieve.

Thousands of young people are held back from undertaking what they long to do and are kept from trying to make real their great life dreams because they are afraid to jostle with the world. They shrink from exposing their sore spots and sensitive points, which smart from the lightest touch. Their super-sensitiveness makes cowards of them.—O. S. Marden.

OIL UPON THE WATERS.

Why It Tames the Billows and Calms the Troubled Sea.

Waves in midocean are caused entirely by the action of the wind. The adhesion between the rapidly moving particles of air which compose the wind and the surface particles of the water causes the water's surface to be dragged along with the air. Small ripples are immediately formed. These ripples soon overtake others near them. They unite, and, due to the friction between the water particles, each succeeding ripple piles up on the top of previous ones.

Just as soon as oil is spread upon the water, however, the size of the waves is reduced like magic. The reason for this is interesting.

Oil, unlike water, has very little internal friction between its particles. The ripples of oil formed by the wind therefore cannot pile upon each other to any considerable height; hence water waves cannot grow in an area of oil placed above a steamer. They begin to fall down instead. By the time these waves reach the boat they will have lost their formative ripples, and the result is a perfectly calm surface over the portion of the sea through which the boat is making its way.—Popular Science Monthly.

The Wagon Wheel Paradox.

A very interesting paradox is one concerning an ordinary wagon wheel, which is solid and rigid, yet, when fastened on its axle on a wagon, when the wagon moves part of the circumference of the wheel which is in contact with the ground is for an instant at absolute rest, while the point directly perpendicular to it is flying along at a high rate of speed. The two points horizontal with the center of the wheel are traveling pretty fast, but only half as fast as the topmost point, and as the upgoing horizontal point increases in speed the downgoing one slows up; until it is at rest for a moment when in contact with the ground. Yet the wheel is one solid piece and there are only two points going at the same rate of speed at the same time. Yet if the wheel is taken off the axle and rolled down an incline every point of the circumference moves at the same rate of speed.

Sleet and Slush.

In the interest of accuracy the weather bureau some time ago urged the use of the word "tornado" for "cyclone" when the meaning is a violent storm of small diameter. In the same interest it now offers "glaze" for "sleet." The official description of sleet is small globules of rain that freeze before they strike the ground. When the rain freezes on trees and buildings the condition is a "glaze," and when the glaze is severe and there is a strong wind it is an "ice storm." But not even the weather bureau is likely to find a substitute for "slush."—Youth's Companion.

Seven Days King.

Masanello (Thomas Aniello), born 1622, was known as the "Seven Days King." He headed a revolt against the Duke of Arcos at Naples, July 7, 1647, forced him to abolish the tax on provisions and for seven days was master of Naples. He was most arrogant and bloodthirsty and was assassinated July 16. He is the hero of two operas, one by Carafa, called "Masanello," and the other by Anber (libretto by Scribe), called "La Muette de Portici."

Machinery Has Limitations.

The irritable employer turned to his typewriter with a sudden snarl. "Why don't you write it just as I say it?" he demanded. "Because my typewriter hasn't the catarrh," she quietly responded.—Boston Transcript.

Musical.

Mrs. D.—I have just bought tickets for Miss X's recital. Mrs. E.—Who is she? Mrs. D.—A coloratura soprano. Mrs. E.—I never cared for those negro singers.—Musical America.

The Wrong Line.

He—Each hour I spend with you is like a pearl to me. She—Aw, quit stringing me.—Columbia Jester.

Our deeds, whether good or evil, follow us as shadows.

DIPLOMATIC FORMS.

The "Protocol" Is "the Code of International Politeness."

In these days of official notes and replies the public is becoming familiar with the language of the diplomatic document, and even those who never heard of the famous protocol, which lies in the archives of the foreign office in Paris, must have noticed the similarity of form which characterizes such expressions. The "protocole diplomatique," which was probably drawn up in the time of Louis XIV., is a body of ceremonial rules to be observed in all written or personal official intercourse between the heads of different states or their ministers. It goes into the minutest detail as to the styles and titles to be given to states, their heads and their public ministers, and indicates "the forms and courtesies to be observed in all international acts."

The protocol is, in fact, what M. Pradier-Fodere, a well known authority on the subject, has described it, "the code of international politeness," for, as time went on, all nations gradually began to adopt the same forms, until today the code may be said to be practically universal in its application. It devotes special attention to such matters as the ending of a letter. Thus, as a recent writer has pointed out, when the British foreign minister concludes a letter to the British ambassador at Washington with the words, "I am, with great truth and respect, sir, your excellency's most obedient, humble servant," he is governed by precedent even in such a detail as giving "sir" a line to itself.—Christian Science Monitor.

FIGHTS TO THE LAST GASP.

The Peccary Is a Vicious Pig, and Is Without Fear or Mercy.

An old "Arkansas razorback" is considered by native hunters as no less dangerous than a bear and as far more likely to attack a human being without provocation; the wild boar of England and the continent was renowned in sport because it would fight and fight hard; the African war hog, which weighs 300 pounds and has tusks eight inches long, shows little fear of any antagonist meaner than a lion, but of all the hog tribe the most vicious, "stick at nothing" daredevil is the javelina. Not only does it fight to its last breath with a berserker rage, but is a disciplined warrior that never was known to ignore the "battle cry" of its clan.

In the southwest a hunter before firing into a drove of javelinas carefully inspects the trees for one that he can easily climb. However skillful he was with a rifle, he could hardly expect to stop the charge of a dozen or more javelinas, and if they reached him he would have no chance. Once the peccaries got him down they would never cease their shrill, fighting squeals until they had torn him to shreds; hence the rule in the javelina country is to climb your tree first and shoot it from above—shoot it so dead that it cannot emit a single squeal; otherwise you must be prepared to root in the tree for half a day or so.—Youth's Companion.

They Simply Won't Be Married.

Several young men were recently asked by a writer in the Woman's Home Companion why they refused to be married. Their answers throw considerable light on what is becoming a national problem. One said that girls are too clever for the men nowadays; that he wanted "just a wife," and the girl he had been engaged to marry was making more money than he was and refused to give up her work. Another complained of the expensive tastes of the modern young woman, another that he had set out to accomplish certain things before marrying. Still another refused to be sentenced to hard labor for life, and one complained that the local girls were "a bit narrow."

Pineapple Juice.

As an aid to digestion, a really material aid, the pineapple stands alone among the fruit. Its vegetable papain neutralizes or perhaps rather digests albuminous substances in the stomach. Fresh pineapple or, better still, the fresh juice of one placed in direct contact with eggs or gelatin or milk will prove this fact conclusively by producing a bitter tasting dish. In cases of catarrhal ailments of the throat and, in its downward connection, the alimentary canal or tract pineapple cannot be overestimated, and it acts with equal force in malarial affections.—New York World.

Soap Making.

Soap making was known to the ancient Romans, and there is a theory that they obtained their knowledge of the art from some Germanic tribes who had learned it from some of the tribes further to the west and north. Pliny mentioned that the Germans used both hard and soft soap, and he indicates that it was a discovery which had been made by the Gauls.

No Argument.

"Where'd you get the black eye?" asked Jones. "What was the argument about?"

"There was no argument," replied Smith. "Brown walked up to me and told me he would punch me in the eye. And he did."—Cincinnati Enquirer.

Tracing a Bitter Saying.

"Fa, who started the saying that a man's wife is his better half?" "Some man's wife, I presume."—Smy Stories.

Waiting For the Chance.

Marko—My old aunt had not been dead twenty-four hours when her parrot died too. Perks—The poor bird died of grief, I suppose. Marko—No; poison.