HINTS ABOUT YOUR EYES

BANISH BELLADONNA, POULTICES, AND THE EYESTONE.

An Eye Specialist Talks on Some Simple and Safe Remedies—Salt, Boracic Acid, and Alum Are Favored—How to Cure Bloodshot Eyes and When to Wear Glasses.

The eye specialist was busy, but he found time to admit two callers, one a middle-aged matron, the other a girl who had experienced two seasons in society. They wanted his advice, and he gave it as follows:

"Well, you two women are suffering intensely with your eyes because, first of all, you've sinned against nature, and then one of you has applied a hot poultice of tea leaves to her eyes because somebody has told her that it would relieve the inflammation, and the other has bathed her eyes in scalding water, with a dash of witch hazel in it several times a day because she read that such treatment, if persisted in, would strengthen weak eyes. Bosh! The men are about as bad as the women. Really the care of the eyes should begin before the birth of one's great-grandmother, but since our ancestors took no thought of this precaution in our favor, we must do the best we can for ourselves by using simple and safe remedies. This doesn't mean that all of the so-called simple remedies that you read about are safe by any means."

"But, Doctor," began the young woman, "I don't see how bathing my eyes with hot water and witch hazel can possibly have hurt them."

"And I don't see why a simple poultice of tea leaves applied to my eyes every night for a week should have left them in such a condition,' put in the matron.

"I suppose not," said the doctor, with a smile. "Then the idea advanced by an eminent ophthalmologist some time ago that a series of popular lectures on sale and

SIMPLE REMEDIES

for the eyes should be always in progress in a city wasn't such a bad one after all, even if his fellow specialists did make a joke of it."

"Well," said the matron, "I just thought I'd try the tea-leaf poultice because my husband grumbled for a week because I once paid a doctor $5 to be told to bathe his eyes in salt and water when they were weak. It did seem such a waste of money."

"Did it strengthen his eyes?"

"Oh, yes, it cured them completely in time," she replied, enthusiastically.

"Then I should think he got off cheaply if the result was wnat he was after."

"What are some safe remedies for weak eyes?" asked the young woman. "I've heard that it is a good plan to close them for five minutes when they ache, and that after weeping it is well to lay a towel wet in rose water over them for the same length of time. Then every one knows about bread and milk, camomile and tea leaf poultices, and it seems to be that I have heard of more sleep being advised for bloodshot eyes. Then, once last winter when the whites of my eyes became yellow and the pupils dull, I was advised to consult a physician about my diet. But, dear me, I was too busy with my social engagements for that, so I just put a little belladonna in my eyes every day and went on. I can't understand my eyes being in such a condition as they are now, for I've had strong eyes."

"No person should put belladonna in the eyes unless prescribed by a doctor," began the specialist. "Many eyes have been ruined by its use. Society women of middle age are very prone to do this. Many of them are too vain to put on glasses, then their eyes grow dull from constant straining, and they resort to atropine. This has a tendency to increase the hardness of the eye in advanced age. Neither should hot, or even warm, applications be used, unless directed by a specialist, as such have a tendency to inflame the eye. As for poulticing the eye with camomile or tea leaves, or bread and milk, that is

WORSE THAN FOLLY.

More ulcers of the eye are caused by this popular fallacy than by any other.

"In removing small foreign bodies from the eye the eyestone or linseed is frequently resorted to. It should not be used, for it is liable to pass from view behind the lid, often causing additional inflammation, and besides, it is an excellent vehicle for germs."

"My eyes feel so very tired nowadays," interrupted the matron.

"Yes, and that tired feeling should not be neglected," continued the doctor. "It comes after a certain amount of work or dissipation, and glasses may be necessary to obtain relief. The eyes weren't made to do 'near' work all day and most of the night. There are muscles in and about them that are in a condition of constant tension all the time that one is reading, writing, sewing or doing any 'near' work. Consequently the eyes rebel against this abuse by pain or inflammation of the lids. The habit of stooping over in reading or writing has a very bad effect on most eyes, especially near-sighted ones, and should be avoided. When men and women come to be 40 years of age, the morning paper to most of them looks blurred. This is a natural condition, but they complain that the printing isn't clearly done or the paper is of inferior quality. Such persons need glasses, and should not neglect to obtain them. In case of neglect they will surely be punished by having to wear glasses constantly sooner or later, generally sooner. On the other hand, if a person puts on glasses at the first call made by the eyes, he may live to a good old age without ever needing to wear them except when doing 'near' work."

"Doctor, you've told us a great many things not to do, now tell us some things that we can do for our twin stars, as the poets call them," pleaded the younger of the patients.

"In cases of ordinary inflammation a safe wash is made by putting a

TEASPOONFUL OF TABLE SALT

into one half pint of water. Allow it to dissolve thoroughly and use once, twice, or three times a day in the eye, and not on the outside, as most people do. When you simply dash the outside of the lid with salty water the seat of inflammation is not reached at all. A teaspoonful of boracic acid, dissolved in a half pint of warm water and allowed to stand until cool, is one of the most cooling and soothing of the simple eye remedies. It can be used several times a day, and rarely ever fails to relieve inflammation.

"If both of these remedies should fail a teaspoonful of powdered alum in a pint of water, applied several times daily, will, nine times out of ten, have the desired effect. Rose water is of no special value, except that it has the advantage of being distilled. You say you've been advised to lay a towel wet with rose water over your eyes a few minutes after you've had a crying spell? The mental effect produced by its perfume was probably the only good you got out of the rose water. The real benefit that your eyes received came not from its application, but from the rest that your eyes received, and the composure of your entire system following a complete relaxation.

"When the eyes are bloodshot on arising in the morning, this condition may come from too little sleep or too much. Again, it may be the result o fa mild form of inflammation of the lids or of rheumatism. If they are red from too little sleep, use one of the remedies suggested and sleep more; if from too much, do the same and sleep less. Avoid the use of hot applications in all mild or acute inflammations. If the eyes are lustreless, or the white portion appears muddy, consult a physician as to your general condition, and don't, in the name of common sense, deluge your eyes with belladonna to brighten them up.

"It's an excellent thing to rest the eyes as much as possible," concluded the doctor. "Especially does this apply to city people. The things that meet the eye constantly in the country are not so taxing on the vision, but the shifting variety of persons and things that one has to see in the city are very straining. When you get in a street car don't take a book or paper along to read to save time, don't study the people about you, or read the signs as you pass. Quietly close your eyes and become acquainted with yourself."

DEEPENING THE THAMES.

A Channel 26 Feet Deep and 1,000 Wide from the Nore to Gravesend.

Two years ago the President of the Board of Trade in Great Britain appointed a commission of experts to inquire whether dredging and other operations were expedient for improving the navigation of the river Thames, between Thorney Creek and the Nore Lightship. This movement was the result of the demands of owners of deep draught vessels for a depth of thirty feet in the river, from the Nore up to Gravesend, provided London expected to hold its own in competition with Liverpool, Southampton, and other ports. Some of them even insisted that this depth should be carried sixteen miles further up, to the Royal Albert docks.

The report of the Commissioners, Mr. Barry, Sir George Nares, and Mr. Lyster, as set forth in the Times of London, fully concurs in the desirability of securing a navigable depth of thirty feet at low water, at least up to Gravesend. Above that point there are valuable properties on the banks, and other considerations, making it doubtful whether the scheme could be carried further. It was also found that dredging alone could not make and maintain the channel, and that a tidal training bank should extend eastward from Canvey Island, in order to direct and control the current, and prevent in the future such shiftings of the channel as have sometimes occurred.

But a great drawback to the scheme was found to be the cost, while there was opposition to meeting this cost by increasing the tonnage dues upon shipping, and it was recognized that such an increase would hurt London "in the present severe competition with other ports with this and foreign countries." The authorities known as the Conservators of the Thames have, however, helped to solve the problem in another way. They have reduced the requirement to a channel which, at low spring tides shall be not less than twenty-six feet deep and 1,000 feet wide. This could be done without adding anything to the charges upon ships.

In support of this plan it is shown that during the four years from 1891 to 1894 inclusive, the total number of vessels entering the Thames that drew over twenty-six feet, was fifty, and of these thirteen of these were either telegraph ships or British or foreign vessels of war. The remaining thirty-seven were ocean-going steamers, and under the scheme now proposed the delay which occurs in the incoming or outgoing of these vessels will, in the large majority of cases, be entirely obviated.

It being clear, therefore, that a 26-foot channel would be sufficient for at least nine-tenths of the shipping, it was decided that next January work upon it, which can be done solely by dredging, should be begun. Then from Gravesend up the river, as far as Crayford Ness, opposite Purfleet, there would be a channel width of 1,000 feet and a minimum depth of 24 feet at low-water spring tide, while from Crayford Ness to the Albert Docks the width is to be 500 feet and the depth 22, and from the latter to the Millwall Docks there will be a channel at least 300 feet wide and 18 feet deep.

It is believed that the entire work can be completed in a year, and a half, or by midsummer of 1898. Work, meanwhile, has been going on upon the river, so that an improvement in the Thames will be quite evident at the end of the present year.

AGRICULTURAL

MAKE READY FOR WINTER.

No greater economy can be practiced by the farmer, nor a more profitable investment can be made, than by securing warm and comfortable quarters for his live-stock during the coming five months of cold weather upon which we are just entering. A certain temperature must be maintained among animals, especially with the mammalia, in order to continue existence, and that temperature is much higher than most persons suppose.

In man the temperature of the internal organs is 98 deg. and it is about the same with most other land animals. This high temperature is secured by external protection and by the organic process of respiration and by digestion. Food supplies material for growth is fuel, the combustion of which keeps up the temperature of the body. If an animal is unsheltered—exposed to cold storms of rain and snow; if it is exposed to driving winds and other causes that tend to lower the temperature, it must be supplied with an extra amount of food which as fuel will keep the temperature at the normal standard. Hence it is that a warm barn for the cattle, a snug and comfortable stable with a good blanket for the horse, a dry, warm pen for the pigs, with plenty of straw, and a chicken house that will be nearly frost proof, are great savers of food, besides making the stock so much happier and more comfortable.

If a milch cow is kept in a cold stable she will give little milk and that will be lacking in butter, as the oily portion will be taken up by the respiration process in keeping the animal warm. For the same reason a cold coop for the hens will surely cut off the supply of eggs. It requires much more food to fatten pigs or any other animal in cold weather than in warm.

In order to conserve the fat and flesh of our domestic animals, which is accumulated in the warm months of summer and autumn and keep them in good condition in winter without extra feeding, they must be protected from the exhausting cold of our winter climate by well protected winter quarters. It is neither a difficult nor an expensive task to bank up the stables, to cover the cracks with strips of board or paper, to give them protection both inside and outside by heaps of straw or earth, and in various other ways make the animals comfortable.

It would be an economic measure if the water given to our domestic animals in winter could be warmed, or at least brought to a temperature of 60 degrees as it would save the expenditure of a large amount of animal heat to raise the ice water usually taken, to the normal temperature of the animal, or 98 degrees.

If our horses, cows, sheep, pigs, chickens, and even our dogs could speak they would not be slow to tell us of the many discomforts we needlessly inflict upon them, not because of our cruel disposition, but on account of our thoughtlessness, or perhaps sometimes of our laziness. If we all had more of the sentiment of "put yourself in his place" we would be more mindful of the comfort of every person and animal that is dependent on us. Then the stock would never be neglected, the young man would not forget to give water to the horse which had taken him at a lively rate over a long road to visit a friend or sweet-heart; nor would he leave him unprotected by shelter or blanket in cold winter weather while he enjoyed a chat by a warm fire.

Thoughtlessness rather than wanton unkindness in the young man on our farms is too often the cause of cruel and harsh treatment of animals. As the former grows older he grows more thoughtful and tenderhearted, and could this thoughtfulness be instilled into the minds of the young it would add greatly to the comfort of all.

THE TIME TO MAKE CUTTINGS.

During the winter months is the time to make cuttings of such trees and shrubs as it is desirable to increase. Quinces, currants, gooseberries and grapes are readily increased by cuttings. In the case of trees, wil- and poplars are grown from cuttings, but the great majority of trees need to be raised from seeds, layers or by budding or grafting. But when it comes to the flowering shrubs which adorn our lawns, cuttings are the chief reliance of propagators. The time to make them is while vegetation is dormant, and it is better done at least a month or more before spring comes. The beautiful Golden Bell, Weigela, Mock Orange, Spirea, Deutzia and Althaea among many others are easily raised in this way.

The best shoots for the purpose are those of last year's growth. The exact length is not particular, so that two or three joints are included in each one. About nine inches is a good length for most sorts, though grapes having the joints far apart may be a foot in length. It is believed that when the lower part is cut just below an eye, that rooting is easier accomplished, so cuttings are usually made in that way. It is not so essential at the upper end where the cut is made, but as the buds push from the joints all wood above the highest one is useless. After the cuttings are made place them in a cellar, buried up in sand or earth, with but the tops projecting, these to remain until the time arrives for setting them out in the spring. When the work is done about February, it will be found that the cuttings are nicely healed over by the time spring comes, which is in favor of the success of the operation.

When the winter is over and the soil is in good condition for working the planting may be done, setting them so that two-thirds of their length are in the ordinary ground and one-third out. In ordinary seasons the most of them will be well rooted by fall.

COAL ASHES.

Coal ashes are gradually gaining for themselves a distinct place in horticulture. It is usually removed to the dumping heap, thrown upon the walks and drives, or used for filling where it can be well covered with the surface soil, and yet it is doubtful if a better material than coal ashes can be found for certain purposes about the greenhouse. The method of potting bulbs and burying them deeply to exclude the light, so that roots may be formed before the tops start into growth, has much to commend it, and coal ashes is one of the best materials for covering them. Their texture is such that good drainage is obtained and more air admitted than would probably enter most soils. Moreover, the ashes, being direct from the furnace, contain no form of life, either animal or vegetable, and insects do not thrive in it; hence a comparative freedom from subterranean parasites is insured, and bulbs are less liable to decay than when ordinary soil is used. A table or bench covered with about two inches of coal ashes, firmly compacted, makes a good place for potted plants, and for a time snails will not be troublesome; after a few months, however, the ashes become covered with dirt that has washed from the pots, and snails will venture into it.

Rheumatism Cured in a Day.—South American Rheumatic Cure, for Rheumatism and Neuralgia, radically cures in 1 to 3 days. Its action upon the system is remarkable and mysterious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents.
Sold by W. E. Richardson.

NOT IN IT.

Is it true, Gravely, that Boomerly beats you every time you go duck shooting?

No, but I have no chance against him when it comes to lying about the amount of game we bagged.

10 cts. Cures Constipation and Liver Ills.—Dr. Agnew's Liver Pills are the most perfect made, and cure like magic, Sick Headache, Constipation, Biliousness, Indigestion and all Liver Ills. 10 cents a vial—40 doses.
Sold by W. E. Richardson.

"She's worth a million you know, and they say he only married her for her money." "Is that all?"

Hay Fever and Catarrh Relieved in 10 to 60 Minutes.—One Short Puff of the breath through the Blower, supplied with each bottle of Dr. Agnew's Catarrhal Powder, diffuses this Powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures Catarrh, Hay Fever, Colds, Headache, Sore Throat, Tonsilitis, and Deafness.
Sold by W. E. Richardson.

"And this one?" "Ah, that is a hopeless case of water on the brain. He labors under the impression that he is a milkman."

Relief in Six Hours.—Distressing Kidney and Bladder Diseases relieved in six hours by the "South American Kidney Cure." This new remedy is a great surprise and delight on account of its exceeding promptness in relieving pain in the bladder, kidneys, back and every part of the ruinary passage in male or female. It relieves retention of water and pain in passing it almost immediately. If you want quick relief and cure this is your remedy.
Sold by W. E. Richardson.

The tenor—"Miss Hysee, you are simply talking through your hat." The soprano—"Maybe I am, sir, but I don't sing through my nose."

Piles Cured in 3 to 6 Nights.—Dr. Agnew's Ointment will cure all cases of Itching Piles in from 3 to 6 nights. One application brings comfort. For Blind and Bleeding Piles it is peerless. Also cures Tetter, Salt Rheum, Eczema, Barber's Itch, and all eruptions of the skin. 35 cts.
Sold by W. E. Richardson.

Merritt—"Man was made to mourn you know?" Cora—"And what was woman made for, pray?" Merritt—"To make him do so, I suppose."

Heart Disease Relieved in 30 Minutes.—Dr. Agnew's Cure for the Heart gives perfect relief in all cases of Organic or Sympathetic Heart Disease in 30 minutes, and speedily effects a cure. It is a peerless remedy for Palpitation, Shortness of Breath, Smothering Spells, Pain in Left Side and all symptoms of a Diseased Heart. One dose convinces.
Sold by W. E. Richardson.

Pure

Blood means sound health. With pure, rich healthy blood, the stomach and digestive organs will be vigorous, and there will be no dyspepsia. Rheumatism and neuralgia will be unknown. Scrofula and salt rheum will disappear. Your nerves will be strong, your sleep sound, sweet and refreshing. Hood's Sarsaparilla makes pure blood. That is why it cures so many diseases. That is why thousands take it to cure disease, retain good health. Remember

Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. $1.

Hood's Pills cure Liver Ills; easy to take, easy to operate. 25c.

FOR TWENTY-SIX YEARS.
DUNN'S BAKING POWDER
THE COOK'S BEST FRIEND
LARGEST SALE IN CANADA.

IN THE SHADOW OF DEATH

THE CONDITION OF MANY YOUNG GIRLS IN CANADA.

Pale Faces and Bloodless Lips—Given to Headaches—Extreme Weakness, Heart Palpitation and Other Distressing Symptoms—The Means of Cure Readily at Hand.

From the Leamington Post.

The attention of the Post has lately been frequently called to a remarkable cure in the case of a young girl living within a few miles of this town, whose life was despaired of, but who was completely cured in a short space of time by the most wonderful of all remedies Dr. Williams' Pink Pills. Since reading in almost every issue of the Post of the cures effected by the use of this medicine, we felt it to be a duty we owed to investigate this case which has so urgently been brought to out notice, and we are sure the interview will be read with interest by the thousands of young girls all over Canada, as well as by the parents of such interesting patients. The young lady in question is not anxious for notoriety, but is willing to make her case known in order that others who are similarly afflicted may have an opportunity of being equally benefitted. The symp-

toms in her disease differed in no way from those affecting thousands of young girls about her age. She was suffering from extreme weakness, caused by an impovished condition of the blood, and her chances of life seemed to grow less every day. The best and brightest fade away as well as others, but when we see a young girl sixteen years, who should be in the best of health, with cheeks aglow with the rosy flush of youth, and eyes bright and flashing, just the opposite, with sallow cheeks, bloodless lips, listless in every motion despondent, despairing of life with no expectation or hope of regaining health, and with only one wish left, that of complete rest, physical and mental, we think it one of the saddest of sights.

In the quiet little hamlet of Strangfield, in Essex County, just such a case was presented to the sorrowing eyes of loving friends a few months ago in the person of Miss Ella Beacon, who frequently said she did not care how soon she died, as life had no charms for her. To our reporter she declared that life had been a burden, but after suffering in this way for months, and after trying all sorts of remedies prescribed by physicians or furnished by friends from some cherished recipe handed down from their grandmother, but without being benefitted in the least, she was at last persuaded by a neighbor to give Dr. Williams' Pink Pills a fair trial; but she had tried so many remedies without getting relief that she still refused for some weeks. However, after repeated urgings by her parents and friends she began the use of the pills. Before one box was taken she experienced some relief, and after the use of a few more boxes she was restored to perfect health, and there are few young girls now who enjoy life more. She says she owes her life and happiness to Dr. Williams' Pink Pills, and is willing that all the world shall know it. Her case attracted much attention and her perfect recovery has created much comment.

The facts above related are important to parents, as there are many young girls just budding into womanhood whose condition is, to say the least more critical than their parents imagine. Their complexion is pale and waxy in appearance, troubled with headaches, shortness of breath, on the slightest exercise, faintness and other distressing symptoms which invariably lead to a premature grave unless prompt steps are taken to bring about a natural condition of health. In this emergency no remedy yet discovered can supply the place of Dr. Williams' Pink Pills, which build anew the blood, strengthen the nerves and restore the glow of health to pale and sallow cheeks. They are a certain cure for all troubles peculiar to the female system, young or old. Pink Pills also cure such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration, the after effects of la grippe, influenza and severe colds, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. In the case of men they effect a radical cure in all cases arising from mental worry, overwork or excesses of any nature.

AFFECTED THE VERDICT.

You see, gentlemen, said the counsel for the defendant complacently—it was a compensation case—I have got the plaintiff into a very nice dilemma. If he went there, seeing that the place was dangerous, there was contributory negligence, and, as his Lordship will tell you, he can't recover. If he did not see it was dangerous, neither could my client have seen it, and there was no negligence on his part. In either case I am entitled to your verdict. The jury retired. Well, gentlemen, said the foreman, I think we must give him £300. All agreed except a stout, ruddy gentleman in the corner, who cried hoarsely: Give him another fifty, gemmen, for getting into the dilemma. Verdict accordingly.

A MEAN TEACHER.

Mrs. Gadd—Are you goin' to send little Jack to Mrs. Thorn's school again?

Mrs. Gabb—Indeed I won't. He went to her all last year, and I paid her $60 for it, and the mean, stingy thing didn't give him a single prize, not one, and they don't cost but a couple o' dollars either.

FOOD FROM KANGAROO TAIL.

The tail of the kangaroo is the fleshiest part of the animal. It is considered dainty food when boiled in its own skin, which afterward may be drawn off like a glove.