HEALTH.

Schools And Mychia

Myopia is the scientific name of mort sightedness. We have more than once called attention to it in some of its aspects importance leads us to recur to it again. The New York Medical Record says there can be no doubt that it is increasing; that eighty per cent. of the students in the Polytechnic School of France have to wear glasses.

Sarcey, a French writer, and a victim to the disease, declares it to be spreading through Europe like some epidemic. But most of us hardly need to go beyond our own observation and experience to be satisfied of the fact of its increase. It is so common for school-girls to wear glasses, that glasses seem almost like a new and grotesque fashion. Neither the father nor the mother of the writer, nor any of their ancestry, were myopic, and yet five of their children, including the writer, are so.

That this tendency is due to our modern system of schools is plain. It is developed during the school age, and extends and in: tensifies as the school years go on; and though, when thus developed, it may increase during life, it is not developed at all after about the age of twenty.

The cause is partly imperfect light, which necessitates bringing the eyes too near side book page, but mainly the bad habit into which children fall, and which is not corrected by the teacher, of holding the head down too near the book when there is no need to do so.

Now the lens of the eye naturally changes to adapt itself to the varying distances of objects; but keeping the eye too near its object during the growing period of childhood and youth forces the lens permanently in the form suited only to near sight.

The defect may be looked on as a slight matter in its earlier stages, but it tends to increase, and that sometimes to the stage of organic disorganization.

Says the Kecord. "M. Sarcey urges his readers with profound emphasis to remember that myopia always has a tendency to increase unless precautions are taken; and that all myopic eyes are weak eyes to be looked after carefully. In his own case, the results of over-use and misuse, especially of his attempt to get along without glasses, were that he lost the sight of one eye entirely, through detachment of the retina, and that a cataract developed in the other.

M. Sarcey himself says, "Remember that extreme myopia ends in cataract, and that nearly all myopia may become extreme, if the eyes are abused.'

Doctoring For Every Little Ailment.

Many people fall ill of disease simply through fear of it. The imagination has a powerful influence over the human body. One can very easily imagine himself to be catching cold at the sight of an open window, when if he had not known the window was open, or was not afraid of its effects, he would escape the cold. Doctors understand this secret, but they do not impart it to their patients. Most invalids, real or supposed, would be angry if a physician would say to them: "Nothing ails you, you only think so." They prefer to think themselves sick, and in time they really become so, for nature, though she struggles hard, can not stand everything. Too many drugs will o' wisdom. finally destroy her healing power.

These people who love to have a box of white pills in bottles, and a little book, all kept in some handy place, so that when a friend who has eaten too much dinner says: "Oh, I am fearfully nervous!" they may run for the little book, look for "nervousness," and administer so many pills of bryonia. When they have a headache, instead of dieting or eating more moderately, they take several drops of some nice poison. They trust nothing to nature, but call in a doctor for every little ailment, when fresh bir, exercise, and strict temperance in eating and drinking is all they need.

faultfinding with servants.

bowels.

Forebodings of Incipient Insanity.

- 1. Irritability and tendency to take of fense. 2. Moroseness and silence, or sometimes
- Suspicion and jealousy of best friends. Impairment of memory, forgetting
- hours of meals. Inattention to exercise and state of
- Neglect of personal appearance.
- Altered facial expression, notably in melancholia, with marked furrows.
- 8. Prominence and brilliancy of cornæ in hysterical and puerperal mania.
- Bodily Symptoms .-1. Harsh, dry skin as a rule, though sometimes perspiring.
- Sometimes a peculiar odor. Coated tongue, with offensive breath.
- Constipation and feeble circulation. Headache and palor of face.
- Subjective deafness, or abnormal audi
- tory sensations. Altered conversational style, and talk-
- ing to ones-self. 8. Delusions and illusions later on.

Sour Milk in Atonic Dyspepsia.

This seems like a novel remedy, yet Dr. W. O'Neill tells us that he has found sour milk a good remedy in many cases of dyspepsia, or, at all events, it is a good adjuvant in the treatment of slow digestion where flatulence and a sensation of cramp in the stomach are prominent symptoms. The good effects of sour milk were casually discovered by him some months ago, and since then he has prescribed it with satisfactory results in many cases of indigestion. If the curd of the milk should disagree with the patient, it should be strained off, and the whey can then be given, or taken a short time after meals, warm. A gentleman who suffered much from flatulence and other disagreeable symptoms after meals can now keep himself free from them by drinking, half an hour or so after eating, a tumblerful or half a tumblerful of ordinary cold sour milk, which to him is a most agreeable beverage. He believes the efficacy of sour milk in atonic indigestion is owing in a great measure to the lactic acid which it contains, which acid some physiologists say is one of the ingredients of the gastric fluid.

Aristocratic Babies.

Children who are constantly held and watched and tended rarely thrive. They grow fretful, uneasy and pale; no one seems

to know why. The rich woman's baby is at a disadvantage in this respect, unless money as it may sometime, procure an inteligent, faithful nurse fouter mother. To hitrust an infant to made agrees is almost as much heather mother, who throws her ballerinto the care of the crocodile of the sacred river. The children who have grown up through wretched childhood to a crippled and deformed maturity caused by the carelessness of nurses, who have let them fall or injure themselves in other ways, are not a few. Children need freedom from unnatural restraint in order to develop their own individualities. Deprived of it, they become more helpless and dependent. The ability of children when they grow up is greatly; lessened by too much restriction in childhood.

Creosote a Specific for Erysipelas.

Dr. J. H. Cox gives some experience of his own in this remedy, and says: "All injuries of whatever kind, have been treated with dressings of this remedy, and where this has been done from first to last, in no instance has there been an attack of erysipelas."

The usual manner of application, was in solution, of six to twenty drops, to the ounce of water, keeping the parts covered withcloths constantly wet with it. In ulcers or wounds it may be used in the form of a poultice, by stirring ground slippery elm into the solution. The strength to be regulated according to the virulence of the attack. Ordinarily, ten drops to the ounce is strong buildings, etc., credits of poultry, eggs, enough for the cutaneous form of the disease, and in dressings for wounds or recent injuries. If the inflammation threatens to spread rapidly, it should be increased to twenty or more drops to the ounce of water.

Diphtheria.

Dr. R. Couetoux, of France, reports two cases, aged six and nine years, says that when death was apparently imminent, and tracheotomy had been refused as a last resort, he ordered inhalations of steam, tinctured with cubebs, of which twenty-five grammes were placed in the boiler at once, the steam being conveyed by tubes to the beds of the children to be inhaled by them. Both made a good recovery. Dr. Couetoux says that cubebs used in this way against the diphtheria is more powerful than eucalyptus, glycerine, tar, or the essence of terebinthina.

SAYINGS OF BROTHER GARDNER.

Gin a man credit if you want to start him on de road to de poo' house. As it am de roughness of de grindstun

which sharpens de ax, so it am de troubles of life which aige up de human mind. Gray ha'rs am entitled to respeck only when the owners of gray heads respeck deir-

It doan' do any good to light a candle arter you have bin eatin' wormy apples in de

De pusson who judges of de speed of a mule by his bray musn't complain if eberybody passes him on de road.

De pusson who am nebber tempted de sarves no particular credit fur obeyin' de

De less advice you gin widout pay de mo credit you will receive fur bein' chuck-full Men who expect to be treated jist as you

treat dem will neither slander norabuseyou. Between readin' a man's character by his bumps or goin' on a picnic wid him, take de What we calkerlate on doin' fur to-medder

wont pay de grocer fur 'taters nor de butcher fur soup-bone.

De man who aims to elevate his fellowman can't be too keerful to prevent de nayburs from oberhearin' his fam'ly riots. Doan be too hard on human natur'. De

man who kin sot down an' an' tell you exactly what dis kentry needs to make her great an' glorious may have no idea whar' his nex' bar'l of flour am comin' from. A religion which can't stand befo' d

sight of a circus purceshun or de sound of de fiddle am not worf luggin' aroun' de People who expect a man to kick his own dog in case of a fight have got a good sur-

prise laid up for 'em. When you flatter yourself dat de majority of people doan' know de difference between de roar of a lion an' de bray of an ass you have struck a banana-peel which will bring ye down kerflop. Lots of men who would establish an or-

fun asylum if dey had de money will beat a wood-sawyer down 30 per cent. below the goin' price.

He Was Green, But He Got the Job.

"A young man from the country came in the other day looking for a situation," said a well-known merchant. "I rather liked the boy's looks, and, after inquiring about his mercantile experience, his education, his expectation in the way of salary, etc., I asked him if he had any references.

References! he exclaimed. What are

"'Why,' I tried to explain, 'can't you give us the name of some prominent man in your town so we can write to him? We want to make some inquiries about you; you "' Inquiries about me?' he rejoined, with

an open month and in his frank way; great jewhilikens, man, if you want to know anything about me just ask me. I know more than anybody else, and there's nouse writing way down in the country for that. "You couldn't have any doubt of the hon-

esty of a man like that, could you?" concluded the merchant. "The boy is now working in our store, and will make a success, too, " . and milet, , toatel guing

Gordon's Bible Enshrined.

In one of the great picture galleries a Windsor Castle are several precious caskets, among other exquisite objete de vertis. The Queen entered one day with a small book in her hand, and asked the keeper of these treasures which was the most rare and valuable of all the caskets. He showed her one made of pure rock crystal, ornamented with gold and enamel. In this casket the Queer placed the small book General Gord pocket Bible, annotated and marked by own hand and in this precious casket will remain this most precions relic of the England's greatest heroes.

FARM.

Keeping Farm Accounts. BY JOHN M. STAHL years. No other work will prove resatts ectory and profitable, and it not too difficult for any farmer of ordinary ability. The system once begun, he will wonder how he ever got along without it, and find that it makes money for him every day. Get a rather narrow "cash book, opposite pages for dehit and credit. It is best to keep this book where you will see it

If," Dr." and "Cr." bother you, head the one side, "Money Paid Out," and the other "Money Taken In." - Saturday night transcribe all the week's items in the cash book on to the proper accounts in what I shall call the Ledger. This should be a long, thick, but narrow book, as you will find it easier to have the two sides of accounts on opposite pages. In the ledger, you will want to keep a number of accounts, but the two of most importance are to be headed "Farm" and "Family." Let Farm accounts be first of all, and thirty or forty pages further along begin the family accounts. On the farm account credit the farm with everything brings in; on the opposite page debit it with everything paid out for it.

every evening.

This account will have many items not on the cash account—such as labor in the fields. repairs to machinery, implements, tences, butter, etc., exchanged for groceries, of wheat exchanged for flour, of produce consumed by the family, etc. You ask, Why not put the items in the cash account, or on a merchandise account in the cash book? At first sight it appears that this would be the proper thing to do; but experience has shown me otherwise. First, it is not necessary, and unnecessary work is always to be avoided. Paying out or receiving money is so simple a transaction that it is necessary to put down the items at the close of each day, else some will be forgotten. But labor on the farm, or expended in repairs, may be safely left till Saturday night, for you can remember easily enough the work of each day during the week.

Also, if you go to mill and exchange ten bushels of wheat for flour, you will not forget the transaction till Saturday night; your grocer's book, or bills, etc., will show each item, Cr. and Dr., of the week's trading at the store. Hence, it is not necessary to put these items down each night, and by not doing so you will save considerable work. Another thing: while your accounts must be complete so far as they go, the shorter and simpler they are the better. The more there are of them, the more difficult they will be to keep, and the less satisfactory for reference. You do not want to load your cash account down with merchandise items, for that would destroy its character and make it too voluminous for ready reference; and a merchandise account proper is difficult and perplexing.

While all the items in the farm account must be properly specified, to get in the figures it will be necessary to reduce them to a cash basis. Here is the thing, above all others, which deters farmers from keeping accounts. They fancy it is impossible to reduce the items to a cash basis. This is simply because they have never tried it. I is easy enough. Suppose you have taken ten bushels of wheat to mill and exchanged it for flour. Ask the miller what he will give you cash for that wheat, or find its market value in cash by some other means. You now know just the cash value of that wheat at the time of the transaction, which is just the amount you are to credit the farm with, at the same time charging it with the time of yourself and team, etc., expended in marketing the wheat.

This brings us to another thing; How to reduce labor of man and beast, and wear of implements to a cash basis. Suppose you have plowed for a day. The farm is to be charged with the labor of yourself and team and the wear of the plow. To estimate the wear of the plow, for instance, would be impossible. But if you were to go and plow for some neighbor with your own team and plow, or were to hire some man to plow for you with his team and plow, you would receive in the one case, or give in the other, a certain sum; and it is this sum that the farm is to be charged with. For it is always to be supposed that the price paid is the value of the article, since that is its market value; and that this is the proper amount with which to charge the farm you will be further convinced when you consider that if you had expended the labor elsewhere you would have received this amount.

In the family account are to be put down all items for family expense, and on the credit side a fair equivalent for the labor of the family. By crediting the family with what their labor would bring elsewhere, the account will be greatly simplified. Farm abor in the house and fields is usually computed by so much with board. Hence the family is to be credited with this, and everything used on the table. It will be seen that keep the family account differently from the way usually recommended, crediting it, not charging it with the table supplies. But it is charged with all family expenses other than board and lodging ... "Board" in the country usually includes lodging, and therefore these items will include rent of and repairs on house, greatly simplifying the account again.

A little thought will show you that this family account, in connection with the farm account, puts you in command of the situation. First, it shows your living expenses. These you can add up at the end of each month and set the amount down on another page, or you can despreach item in another account. Second it shows whether or not your farm brings a good return, for from it you get the items of household labor for which the farm is to be tiltimately charged, and the items of articles produced by that household labor, which the farm is to be ultimately credited! But you will find the better plan to keel the farm account the way I have pointed out, and to bring these items, expressed in totals, as a supplement to the family account at the end of I the

From these two accounts you can make up several others which you will want to keep, and which will undoubtedly occur to you.

mastered this work, begin to keep these other smaller but scarriely less important accounts. You will be surprised at the ease of the work and each day you will mon and more appreciate the value of it, until, two years, you was no more think of far

LATE DOMINION NEWS.

A horse at Port Cylde, N. S., ran over the wharf into the river and was drowned.

Four inches of snow fell on Sunday, September 5, at the Black Mud, near Edmon-Gleichen, N. W. T., has a public reading-

room well supplied with books, papers, and magazines. Mr. Richard Crowe, of Guelph, is the

owner of a five-months-old chicken which lays eggs regularly. Dogs attacked a flock of sheep near St. Thomas, fatally worried seventeen, and drove thirteen into Pinafore Lake, where

The last issue of The Prince Albert Times states that about forty of the Mounted Police and a number of citizens of that place are ill of malarial fever.

they were drowned.

Frank Finnie, who was murdered by one of his employees at Jamestown, Dakota, a few days ago, was a former resident of the township of East Whitby.

Mr. S. H. Newman, of Owen Sound, has a the wife alleged that the husband a plum of the Pond Seedling variety which girths seven inches one way and seven and a half inches the other, and weighs over quarter of a pound.

A number of ladies while trading in Belleville store left a parasol in the hands of a child who accompanied them. It was taken from the child by some unknown person and has not been recovered.

The medals for the members of Steele's Scouts have arrived at Edmonton and have been distributed. The name of each man has been engraved on the rim of his medals at Gen. Strange's expense. Mrs. Emma Jane Dolson, of Essex Centre,

whose husband, George Dolson, was killed while attempting to drive across the Michigan Central Railway track in July last has entered an action against the company for \$10,000 damages.

A few nights ago a mob assembled at Glen Cross, about five miles from Orangeville on the Hockley-road, and wrecked a house owned and occupied by Charles Coulter. Warrants have been issued against several parties suspected of participating in the out-rage.

At a meeting at Woodstock, N. B., called to discuss the action of the Council in regard to the introduction of the electric light, prominent citizen is reported to have said -"They want the streets lighted at night! Why? To tramp around. Let them go home and go to bed."

John Danaher a gardener and gravedigger, of Cornwall, has pastured his horse in the lacrosse grounds during the summer and one night recently some person entered the grounds and cut off the horse's mane and inflicted a knife wound in the animal's thigh. Mr. Danaher is a quiet, inoffensive man, and the outrage has excited the liveliest indignation in the community.

At Lower Village, in Richibucto, N. B. a boy twelve years of age, named Marcel Arseneau, was leading a horse to pasture, and had fastened the rope around his body. The horse became frightened by a dog, ran away, and dragged the boy after him for distance of two hundred yards. His head and body were frightfully mutilated, and his sufferings were intense during the two hours that he survived his injuries.

Indian Agent Donelly, of Port Arthur, has just received a consignment of produce from the Indians of Nepigon. This is the first year of the settlement, and the Indians already have over seven acres of garden in cultivation. The samples were shipped from the Church of England Mission on Lake Nepigon, some seventy miles north of the station by that name, which is over sixty miles east of Port Arthur, on the Canadian Pacific Railway.

The city of Montreal has taken an action for \$5,000 against Mr. L. J. Lamontague, contractor. A child named Sullivan was killed by a wheel of one of two fire-reels which came into collision some months ago. The father claims damages from the city, and the city now seeks to threw the re sponsibility upon Mr. Lamontague, alleging that the accident was caused by building material placed by him in the street in front of a building he was erecting.

Some young men of St. Thomase under the influence of liquor, went to the room a young lady about midnight lately, ordered her to get out of bed; robe, and open the door, stating that they had warrant for her and would force the door ,i she did not comply with their wishes When she emerged in the hall they setated she was not the party they? were looking for. A young man in the same house who was awakened by the noise and came out into the hall and remonstrated with the disorderly visitors for their unfeeling conduct, was struck over the head with a lanter

There was found dead in a lane at Winnipeg the other day an old man named Andrew Allison. He camesto Winnipeg from Australia, and it is supposed was on his way home to Ireland. During the four months of his residence in Winnipegi he skeed in a most miserly manner, densiting himself of the necessaries of life, and seldom leaving his room. But on his person was found a sum of money 23 English soweriges, some change in silver, and a deposit receint from the Bank of Victoria, at Hamilton, Australia, for £767—and a valuable watch and chain. His attire and general appearance, however, indicated extreme poverty and it is believed that despite his apparent wealth, he was not anxious to prolong his life. of T . show bus restreet out to outpour own interests to ordinary On Thursday last and attempt away made

way bridge at Docktown, N. B. The explotton occurred between wwww.and one neighborhood. The bridge has three spens, to be considered them of the only one of which is fully completed. Near it fellow, talk to them of bringing each of hringing each of bringing each of hringing each of health and the house of health and had not been each of health and had not had not been each of health and health and had not been each of health and h

ed the chords, fortunately of the dynamiters has offered a reward of \$500 that will lead to the authors of the misch

A Grantham township farmer last week by a stranger who b himself to be a buyer for corporation butchers in Buffalo, who followed has refrigerator waggons and men via tered the animals on the spot, and load was procured sent it to the He examined a number of wind finally agreed to pay 61 cents per dead weight. As night was appeared remained with a farmer, had any and breakfast, and in the morning of ed onward to unload his parage tract additional meals from other in the district. The refrigerator have not yet arrived, and public or divided as to whether the bogur agent is simply a fraud or a thier the ed this method of gaining an entre

A young man named J. C. Land Blenheim, quarrelled with his vi became so enraged that he atte shoot her. The pair have only been a year, but are said to have many quently. In the course of provide for her. He said she alm enough to eat. She said yes, the went to her father's and got it. Her she said that again he would the She said it, and he pulled a revolve his pocket, put it about a foot in breast and pulled the trigger, but it go off; he tried again, and the ball went through her clother de her side, but did not touch her. escaped from the house. Landon ha one eye, and wears glasses, and it is bably owing to this fact that his rin not seriously injured. He has been or ted to gaol at Chatham to stand his to the next assizes.

MERRY MOMENTS.

"I've been digging over my said Brown, "and I'm worn out" remarked Fogg; "a new variety of wear, eh ?"

Lesson in manners: Small boy-" pass the bread." Ma, sternly-"H my son ?" Small boy, smartly-"I can reach it, ma." When a man was bragging about

toise shell cat that could do so many to another inquired who tortoise shell perform in that way. Business men who marry ther writer girls are apt to find that the

women are not so ready to submit to tion after the wedding. The body of a human being contain two pounds of lime. That of a polit will avarage about four pounds the character has been thoroughly

washed Old gentleman (to boys)-"Amit boys rather old to be playing so child game as mumble-the-peg!" One of the -" We're playing for twenty-five on

There is a girl in this town who has been in this country three months can speak the English language fluid coming to her naturally from bustles made of English speaking

The general belief that home is a place without a mother we reckon is many newly-married young mother to be mothers. If there's anything to a woman it's being alone and dot anything to talk to.

A fashion writer says that dress be full this year. We prefer then The idea of a dress empty is ridical the extreme. We should like to more satisfaction it would be to a young hold an empty dress on his lap.

As the happy couple were land church, the husband said to the his wedded life : " Marriage must dreadful thing to you. Why, you of a tremble and one could hardly her "I shall have more say, 'I will.'" age and say it next time," returned blushing bride.

The stories of the exquisite interest brute creation were rather knowled head recently in Guelph where a long bull dog bit a man in the calf of his leg. The leg was of pine and the teeth sank into it deeply. He wood go, in fact, until they pried him and

Mrs. B. is one of those energetic, motioned women who carry their assault. One day she had started the room on some errand, but mides got what it was. "What was I going" she asked aloud. Two years old, the floor and always liable to be sweet one of her mother's hurricane asked meekly: "Was-00-0011 Moses and Isaac Rabbenstein

in the back part of Isaac's store when there came a jar to the h ing in terror, "led us ged out." kvied Moses ; vats der madder said Isaac, angrily. "Vy, Izig, dierdkvuaeg, nudding only Shakey ub stains der brices on Summer cloding.

One of the most important rules in ence of manners is that you preserve most absolute silence concerning you Play the comedy, some day, of spec ances, and you will see feigned swiftly followed by indifference and the text for leaving you.

THE MOST FA Shidrell .do THE SCHAPTER

BUT SHOWS HER TEE Heven's artillery mance, that awaken Point, on the aland, on the nigh rday in the year of sallen boom cam be surging sea and th gecho, the concussion face to face of the rug by a following repor he murky air. ha hissing roar, too, came the huge roller channel and deeper the dense mist of

and land, folding ark embrace cliff and and lighthouse top founding earth and o as of white vapor, th the saline particles priace of the sea. om ! came the sullenthere followed a share, to a practiced ear, of small arms, alth ng contest could be go e actual coast or to th Vorthem Ocean, or to vaters of the channel chores of England, for owing to the man the atmosphere the d invarious directions t there were two per seemed-either from instinctively from n comething, that a little hollow form

ng right down a jagg ous pathway to the st these two persons. ember eve was about The damp ex ily on their clothing; ed not and spoke not ed absorbed in the on en it was with sta one of those persons

the beetling chiffs

high little hollow le

that the other gave ation of surprise it w hat moment he did no e of his companion, voice, although there was sweet and g soft music on the mu Gerald ! Gerald ! dear him, and who will lo not want to go; he cl oor and so weak! Ger kill him!" agony of tears for ds and from the tones rough man who was o

knew who it was tha er crouched by himsee sufficient of her like some fair spirit about them. Why, Miss Grace," the world would suppo had better go back, wing seaward and i through the old s

Go back, miss; y nd the young girl—th for scarcely fourtee that gentle headrt-breaking accents of Gerald!

It's no use, miss," se d care of him. Hem

He will, be killed, He will be kil dydear Gerald ! The beer, Joseph ?" B rapid reports of c or, dear brother, my cruel, so very cruel to Higher M. will po all the days and nig did love me no one rald—dean dear Ger

Gerald! There, they are killing does not love es not. He does not HAM PAR COMME! ther—he shall not be a not good to us, an there will be nobod

hat there was an agit practical by a law est by the manne

some strange way its Aperations 6