

EYE-STRAIN CAUSES LISTED IN REPORT

Various Types of Faulty Eye Mechanism Known; Remedies Suggested

Strain or fatigue is a common eye trouble which may be due either to overuse of the eyes or to faults of eye mechanism, says the educational committee of the Illinois State Medical society. It is a frequent cause of headache, or it may manifest itself in dizziness, digestive disturbances, smarting eyes, reddened or itching eyelids, black circles beneath the eyes, a crop of styes or irritable nerves.

Many people know that working, reading, or studying with insufficient light is bad for the eyes, but not so many realize that tired and strained eyes may also result from too bright illumination. Reflection from glass desk tops, from mirrors, or even from framed pictures upon which the eyes rest frequently may tire the eyes. Reading print that is too small and reading that is too long continued are other examples of overuse.

Various Types

There are various types of faulty eye mechanism. Normal sight is dependent upon exact proportion of the many parts of the seeing apparatus and the perfect adjustment and function of those parts. If the eyeball is either too long or too short there is improper focusing of light rays entering the eyes and a condition known as near or far-sightedness results. In attempting to correct this defect, the eye is subject to constant strain and exhaustion. Astigmatism, a fault in cornea or front part is not perfectly curved, results in blurred and confused vision with resultant strain. Weakness of the muscles that control the eye mechanism naturally results in fatigue, while lack of balance between the muscles of the eyes, producing a condition known as cross eye, may also be responsible for eye strain.

Remedies Suggested

Remedies for eye strain caused by overuse or bad illumination suggest themselves. For the relief of fatigue brought about by mechanical faults in the eyes themselves, the attention of a physician is necessary, together with strict adherence to the wearing of properly fitted glasses or to such other measures as he may advise.

Many people have been made unhappy by fear of blindness on account of spots or specks that float before the eyes. In the majority of instances, this symptom has no relation to blindness. It may, however, be a warning of some kidney trouble, faulty circulation of the blood, or intestinal trouble, which, disregarded, may lead to serious consequence. Pain in the eyes is not infrequently due to nervous disturbances.

Open Bids for Bridge Over Wabash on Dec. 9

Bids for the construction of a fixed bridge 2,700 feet long over the Wabash river at Mt. Carmel were opened here Dec. 9. The structure is expected to cost about \$750,000. Illinois and Indiana will divide the cost. Specifications call for completion of the bridge by Sept. 15, 1931, which means that construction will have to begin as soon as the contract is awarded.

New Indian Relics in Field Museum Exhibit; Sacred and Ceremonial

A large amount of material never before exhibited has been added to the collections in James Nelson and Anna Louise Raymond Hall, devoted to Indian tribes of the upper Mississippi valley and the Great Lakes region, at Field Museum of Natural History.

For the first time there is now exhibited a good collection of sacred and ceremonial objects used by the Potawatomi, who inhabited the Chicago area. The older exhibits in the hall have been reinstalled with improvements. Among other tribes represented are the Sauk, Fox, Menominee, Ojibwa and Winnebago. Much of the material was obtained by an expedition sponsored some time ago by Julius Rosenwald and the late Augusta N. Rosenwald.

Of outstanding interest are medicine lodge records in birch bark collected by Stephen C. Sims, now director of the museum, when he was a member of the staff of the department of anthropology. These were collected among the Ojibwa of Minnesota on one of his exhibitions. They constitute one of the best collections of the kind in existence, including records of songs, medicine lodge rituals, and individual records. The Ojibwa developed a form of pictographic record more nearly like writing than anything else that has originated in America.

Waukegan Fisherman Claims to Be Oldest in Business on Lake

Capt. Richard Smith, 74, year old commercial lake fisherman of Waukegan who claims he was born in the fishing business, worked at it as soon as he was old enough to walk, and has his claim to being the oldest active fisherman on Lake Michigan.

Through a trade journal for fishermen, the "Michigan Fisherman," an attempt is being made to determine who the oldest fisherman on the lake may be. Capt. Smith, born of a fish-

ing family on Oct. 1, 1856, has been fishing all of his life, and to date no one has stepped forward to dispute his claim to being the veteran of them all.

Capt. Smith fished out of St. Joseph, Mich., where he was born, until 1894 when he moved to Waukegan and set up his fish company that is now one of the biggest on the local harbor. His sons are carrying the

business into the third generation, but the 74 year old captain is still the boss. The territory to which Capt. Smith claims the age priority includes 2,000 miles of shoreline in Michigan, 1,200 miles in Wisconsin and 50 miles in Illinois.

Capt. Smith frequently contributed to the Fishermen's journal with tales of the early days of Lake Michigan fishing.



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