

Modern Science Praised for Saving Sight



NEW YORK—Science promises to make blindness a thing of the past. In fact, the eminent eye specialists of New York say that there is a bright outlook for the human eye by reason of the great progress made in the treatment of eye diseases.

Medical regulations making the care of the eyes in babies and the constant inspection of the eyes of school children obligatory by law are rapidly diminishing the causes which, in years gone by, resulted in blindness, says the New York Herald.

Nevertheless experts are agreed that the distinctive feature of the American eye is hyperopic astigmatism, or farsightedness, due to the nervous strain of American life, which causes a shortness of the eyeball, as a result of arrested development, as differentiating from Germans, among whom myopia, or near-sightedness, is most prevalent.

Hyperopia, or farsightedness, is, however, not an eye disease but merely a condition which causes headaches, nausea and nervous ailments peculiar to the nervous tension of American life. There is another cause, however, that has much to do with the strain on American eyes, and that is the habit of reading badly printed newspapers, books and magazines on railway trains and street cars.

Too Close Print to Blame.

Even in the home the reading of close print is acknowledged to be a prolific cause of eye weakness. Therefore the action of the Herald in using larger type in its news columns has been widely commended.

So eminent an authority as Dr. J. Herbert Claiborne in the treatment of the eyes says: "It was the rational and reasonable thing to do in view of the existing conditions. I have for a long time been preaching in favor of having all newspapers and books, especially those devoted to educational purposes, printed in large type. Spaces between letters and between printed lines should be wider in order to give ease to the eyes when reading."

This fact has been at last recognized by the board of education, which is now taking care that all school books shall be printed in larger type. Dr. William H. Maxwell, city superintendent of schools, in speaking on this subject said: "I have read a great many things written by doctors on the subject of the effect of illegible type on the eyesight. The board of education adopted a new list of books last June, and in doing so care was taken that all the books accepted were printed in large type."

Furthermore, one of the chief cares of the department of health of New York city is to see that the eyes of the school children shall be in perfect condition. Mr. Thomas Darlington, commissioner of health, says: "The child of to-day will be the man of tomorrow, and the hope and outcome of our existence as a people rests upon that assurance of physical virility which we can offer to the future."

Service of Patriotism.

"The world is awake as never before to the import of this danger that threatens. Saving the babies and keeping the children healthy is not merely humanitarian impulse. It is civic and national service and the highest type of patriotic duty."

"In considering the health of the baby and its chance for life, we must take into account the conditions surrounding its birth. For this purpose the division of child hygiene was formed. This year five different agencies have volunteered the services of nurses who have worked under our direction. The department has had a staff of its own, numbering 41. During the period between April 15 and September 1, a total of 57,015 first visits were made. Of these 18,155 visits were made to births reported by midwives. There were reported 92 cases of sore eyes and a confirmatory diagnosis of ophthalmia neonatorum by the ophthalmologists of the department, was made in 23 cases attended by midwives. This remarkable result is undoubtedly due to the fact that the department insists upon the use of a one per cent. solution of silver nitrate dropped into the eyes of all new born infants. In other

words, blindness at birth has been practically abolished in New York."

Much Good Work Done.

Dr. S. Josephine Baker is the head of the New York health department's division of child hygiene. In speaking of the work of the nurses and physicians in her department from the period of April 15 to September 1, Dr. Baker said: "So far as I know, this is the first authentic investigation in which data were obtained on which to base statistics regarding midwives. It showed that there must have been a great improvement over conditions which were alleged formerly to exist. In New York city last year there were reported 125,000 births, of which 55,000 were reported by midwives."

"It is most decidedly not true," said Dr. J. Herbert Claiborne, one of New York's eminent eye specialists, "that blindness is on the increase. In no department of medicine have such strides been made as in the treatment of ophthalmia. In one particular alone we have reduced percentages of blindness following upon birth from twenty to thirty per cent. to one-half of one per cent. in skilled institutions and to one to two per cent. in hospitals, where less care is exercised. In other words, where previously 100 children were born with ophthalmia neonatorum, twenty to thirty went blind. Now this percentage has been reduced by skill and supervision to one-half of one per cent."

Much Good in Crede Method.

"Ophthalmia neonatorum is the disease which in former times was the cause of infants, particularly among the lower classes. It was the cause of blindness in twenty to thirty per cent. of all the victims of the disease in all the lying-in hospitals of the world."

"Since then we have adopted the Crede method. This was the method instituted by Dr. Crede of Leipsic, Germany, for the treatment of all children from the moment of their birth. By this method the eyelids of the newborn child are separated and two drops of one per cent. solution of nitrate of silver are dropped into each eye."

"In many countries the Crede method has been made obligatory by law, and it is enforced in several states of the union. It is the endeavor of ophthalmologists to have this custom made obligatory among all persons who are accoucheurs. That man who to-day does not use the Crede method at the birth of a child is guilty of a crime."

The Crede method is one of the greatest blessings that ever came to the human race. It has been in use for the last 15 years, and previous to that time the blind asylums of the world were filled with victims of this preventable disease.

Eyeballs Too Short.

"We're a hyperopic race. Our eyeballs are short, and to overcome it we've got to use a muscle of accommodation in a vicarious way. This, however, is not a disease."

"The very beginning of all pedagogy is the proper adjustment of the visual and breathing organs. Before any child is sent to school its eyes, nose and throat should be examined. We rush our children in a shameful way. In the public school system of this country the epitome of pedagogy in the early stages is that it is made obligatory that all children must have their eyes examined for refractive errors, besides having the nose and throat examined."

"We have a regular battalion of young doctors who are examining children in the schools. If they find any whose vision is lacking, such children are at once sent to the hospital or home to be corrected. Children who are suffering from headaches are immediately relieved. In fact, the children of this country are achieving education with less pain and discomfort than was ever known before in the history of the entire world."

"Fifty years from now the blind asylums will not have anything near the number of inmates they have at present. Blindness is becoming less frequent in all civilized countries, which have reduced to an absurd percentage that disease which has filled

the blind asylums with children who have been blind from youth.

Guarding Against Trachoma.

"The next most common cause of blindness is trachoma. All the great transatlantic steamship companies have surgeons on board who are on the lookout for this disease. It is an illustration of the stringency of this law that any line which permits a case of trachoma to be passed is fined \$100 for each case. The inspection is most cautious."

"The two diseases mentioned, trachoma and ophthalmia neonatorum, constitute the greatest causes for the destruction of the human eye. Although we haven't found the cause for trachoma, as we have for ophthalmia neonatorum, the disease is becoming less frequent in this country because we are preventing its spread through the adoption of modern methods in its treatment."

"Other cases of blindness are accidental, such as the death of the optic nerve, or glaucoma, the hardening of the eyeball. But as a matter of fact all other causes of the destruction of the human eye are not to be compared in their effects to those of the two leading diseases before mentioned. Blindness caused by cataract is amenable to treatment and is operable in a majority of cases."

"Now, here we come to one of my fads, and that is that the refractive errors of the country are due to hyperopic astigmatism, a condition in which the eyeball is not developed up to its normal length."

"Hyperopia is farsightedness and in this country the proportion of hyperopic errors to other causes of eye troubles is as three and four or almost five to one. This can be seen by an inspection of the eye hospitals."

Effect of Rapid Living.

"This fault, for it is not a disease, bears in a measure on the subject of American development. It is caused primarily by arrested development. Our lives are such rapid lives that we rarely come to fruition before passing away."

"Hyperopia is farsightedness. It gives pain and discomfort. It is due to a shortness in the length of the eyeball, and the strain on the muscle of accommodation causes headache, nausea and other ills."

"In Germany, on the contrary, the

lars to the bar. Fifty quarts is below the daily average consumption of buttermilk at the Hotel Kalkreuth bar. Brown's chophouse has put in a big porcelain churn to keep buttermilk handy for its devotees of the Riato. Three or four hundred drinks of it is the daily average consumed by the sporting element which frequents the Union cafe in Broadway, and the Bouras and other saloons in the financial district sell more buttermilk than malt liquors.

Buttermilk appeals to the "hard" liquor drinker more than to the consumer of beer, according to statisticians of the crooked elbow. They also assert that whisky and wine drinking go with speculation and malt liquors do not, pointing for proof to the popular saloons in the Wall street district, where consumption of beer and ale is insignificant and whisky is going across the bars in a steady stream from ten to four o'clock.

"Only a few years ago big and little lights of Wall street made a daily pilgrimage in hot weather to the little booth in Battery park, opposite the barge office, the only place in that region where buttermilk was sold. Within two blocks of that booth the other day the German proprietor of a saloon was almost hysterical at the sight of the white flood his bartenders were unloading, while the beer pumps were almost silent."

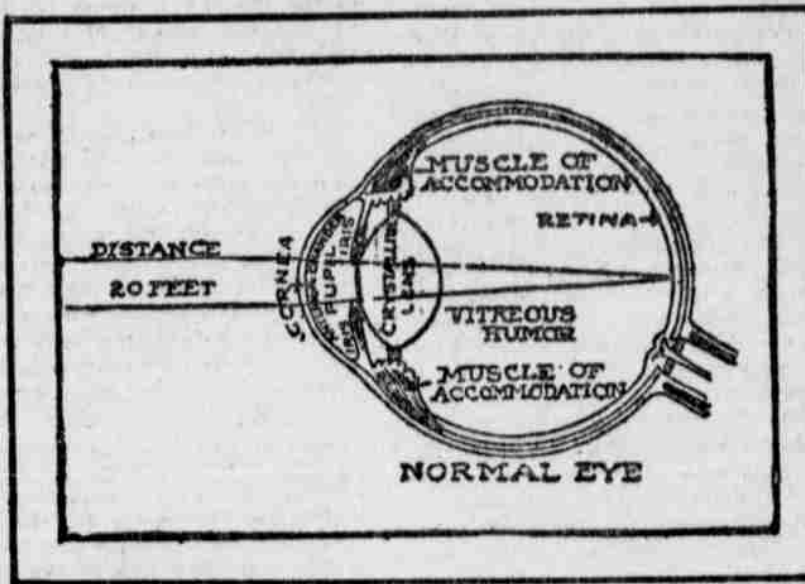
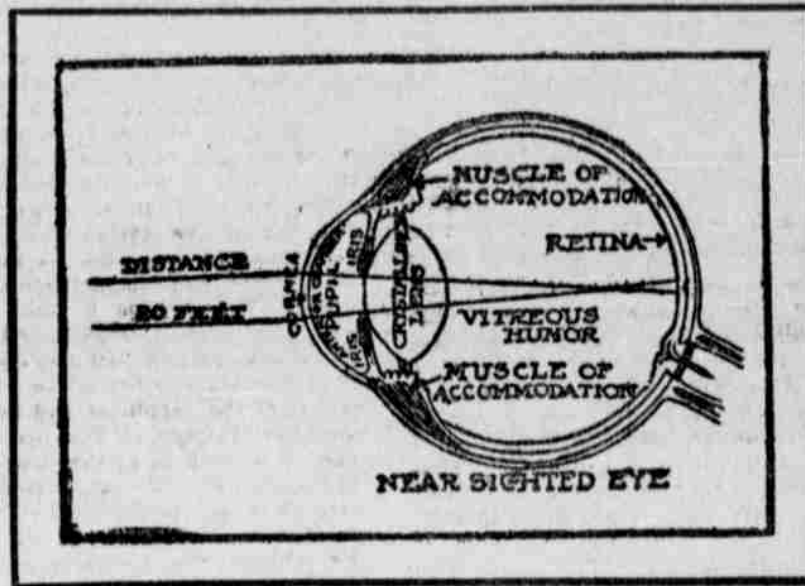
Buttermilk served in New York's saloons is not the by-product of the old-time dairy farm, which it was too much trouble to market at three cents a gallon and was fed to the pigs. It is a specially prepared fluid, retaining in modified and ripened form nearly all of the components of the best fresh milk.—New York Herald.

ELDERLY MEN KEEP ACTIVE

Some Methods by Which They Preserve Their Efficiency—Secrets of Good Health.

The activity and good health of the man over 40 is one of the features of the present day.

"Undoubtedly," observed a member of the Royal Statistical society, "elderly people appear to maintain what one may call a greater efficiency than they did years ago. I think this is largely due to the great growth in medical skill and also to the fact that



proportion of myopia or near-sightedness is very great. An explanation of why it is not so common in this country lies in a high degree to the fact that the illumination of American homes is better than anywhere else in the world. An interesting thing in this connection is that in Germany in the homes of the well-to-do one may see on the pianos in the place of piano lamps the old-fashioned sconces for candles. The myopia in that country is undoubtedly caused in a great degree by bad illumination.

It is undoubtedly due to the great care which is being exercised in the treatment of the eyes and by prescribing proper glasses that the horrible diseases of the eye which existed 25 years ago do not exist or occur very rarely.

"There is a bright outlook for the human eye. One hundred years from now the blind asylums will have shrunk to absurd dimensions. Blindness will be restricted to preventable causes, such as cerebral tumors, accidents and the like."

BUTTERMILK MUCH IN FAVOR

Declared to Be a Drink That Satisfies Without Exciting That Awful Craving.

Regular drinkers of "hard" liquor in New York have suddenly discovered that buttermilk is a beverage which gratifies and satisfies, but does not inebriate, and have adopted it to such an extent that it takes all of one man's time in the Waldorf-Astoria to pass a case of buttermilk from the cel-

people—particularly those in responsible positions—study their physical fitness far more than used to be the case. The man of 45 or 50 appears today, by careful dieting, golf and healthy exercise generally, to keep himself far more alert and youthful looking than his father or grandfather at a similar age.

"My view," said the middle-aged head of a prominent city firm, "is that men in the city preserve their efficiency nowadays far longer than they used to do. I know old men, as you may call them, who still bear upon their shoulders the responsibilities of some big concern. Years ago they would have been sitting at home in their slippers at such an age."

"Elderly men study their appearance far more than they used to do," said the manager of a city bank. "They wear collars and ties and styles in dress which make them look smart and youthful. From my experience it certainly seems that the elderly man is very loath to leave the scene of his activities nowadays. I put it down to ours being an abstemious age. Directly a man has a small ailment he goes straight to his physician. What the medical man tells him to do he does exactly. His one desire is to keep fit, and he manages to do so."

A Hard Life.

Irritated Citizen—Aren't you ashamed of yourself going about with that street-organ and leading such a lazy life?

Street Organist—Lazy life? Why, sir, life with me is a long daily grind.—Baltimore American.

How Minnie Shadowed H. Sylvester Jones

By MARY E. HOLLAND

(Copyright, 1909, by Daily Story Pub. Co.)

A quiet, unobtrusive looking automobile drew up before a third-floor detective agency on a certain side street of downtown New York. A heavily veiled woman descended, spoke a few whispered words to the chauffeur, and made her way to the grimed door, on whose glass panels appeared the legend: "Sharp & Son, Private Detectives."

"Do you handle divorce cases?" she inquired, bluntly.

The brisk, nervous man before her swept his eyes over her quietly gowned figure.

"That depends upon the character of the case," he rejoined, cautiously.

The veiled woman took a quick step toward him. "I wish evidence that will procure me separation from my husband. Can you furnish it?"

The brisk man pondered. "Have you reason to believe that your husband is—or, unfaithful?"

"On the contrary, I have every reason to believe that he is not."

The brisk man pondered again. "You are setting us a difficult problem, my dear woman. Such cases, you must know, involve heavy expenditure. I may say a very heavy expenditure." He paused as he darted another shrewd glance toward the veiled client before him.

"Will you name an estimate of that expense?" she asked, quietly.

"Certainly; we could not conduct such a case under \$5,000."

The woman drew a roomy purse



"I WANT YOU TO OBTAIN AFFIDAVIT FOR H. SYLVESTER JONES"

from her cloak and counted out ten yellow-backed bills.

"Here is \$1,000. If you will bring me evidence that will secure a divorce, I will increase it to \$10,000."

The brisk man smoothed the bills carelessly. "And who is your husband, madam?"

The veiled woman hesitated and then pronounced a name that brought a low, involuntary whistle from the other's lips. It was that of one of the best known men of Wall street.

The detective gazed after the departing figure of his client, with puckered brows. But he did not realize until a week's "shadowing" of H. Sylvester Jones had proved ineffectual, just how difficult was the problem she had left him. To all intents and purposes, H. Sylvester Jones was a model husband in the eyes of the law. On the eighth day a bright idea came to the head of "Sharp & Son." For a moment he sat with a broad grin on his face. Then he pushed a bell and a young woman in a plain dress and with a careworn face, entered from an inner room.

The man spoke a dozen curt sentences, straight to the point.

"I want you to get acquainted, Minnie, with H. Sylvester Jones."

Minnie opened her tired eyes wide.

"I fancy that your best method of approaching him is at the theater," continued her employer, briskly. "I happen to know that he is a continuous, not to say an enthusiastic patron of the drama."

"You mean the show girls?"

"Not he. That is where I need your services. At the psychological moment, we will secure you a seat. That seat will be directly next to our distinguished gentleman. You will occupy it for the better part of three hours. Do you catch the point? If you will manage your cards right, when you leave the theater, you will be acquainted with him, very well acquainted. After that point you will make your own plans. What Mrs. H. Sylvester Jones wants is an affidavit of infidelity."

The detective paused.

Minnie stiffened her shoulders and a quick flush sprang into her pale cheeks. A keen observer might have seen that under certain conditions she might be beautiful. Gradually the tired eyes dropped and the bent shoulders relaxed. Minnie had conquered

herself. She was thinking of sick mother and little sister.

"And what do I get?" she asked. The detective held up the ten yellow-backed bills. "These are yours for the affidavit. You know where to go for the clothes. I will telephone you if we make arrangements for tonight. If not, we'll try for tomorrow night. We are bound to succeed some time—and then it is up to you."

As it happened, on the third evening H. Sylvester Jones stepped out of his automobile and entered the Fifth avenue theater. Five minutes later a stylishly dressed young woman followed him down the aisle and slipped into the next seat. It was Minnie—but a very different Minnie in evening dress and rouge, an altogether charming and fascinating Minnie. Two minutes before the orchestra began, she dropped her handkerchief. H. Sylvester Jones extended it to her politely. She smiled and he looked at her again. She was a girl to note.

Before the close of the first act, he had made a hesitating remark, and she had answered it, and he had made another, and before the close of the second act, they were chatting gaily. When the final curtain descended, they left the theater together.

An agent of "Sharp & Son," loitering in the corner, noticed the circumstance and reported it to his chief. The latter smiled broadly and the next morning eagerly awaited Minnie's arrival. When noon came and she did not appear, he looked worried. When evening came without her, he sent for his agent and the two conferred together. The next day he received a note. It was a remarkable note, and under it was the scrawling signature of Minnie:

"I do not want your \$1,000, and I hereby resign my position."

The detective swore and called for his agent again. The latter looked glum and started on a search for the missing girl. He found her the next week at a fashionable suite of apartments, with two servants, a pearl necklace and an array of diamond rings that dazzled him.

"The chief wants your affidavit," he began, curtly.

"He can't have it, and I don't want him to bother me any more."

The detective bounded from his chair and Minnie tossed her head. "Mr. Jones has asked me to become his wife and I have accepted his offer!"

The statement was true. The scheme of "Sharp & Son" had indeed proven a boomerang. The millionaire had fallen in love with the girl who had been sent to trap him, and had tendered her not only his wealth, but his name. The fortunes of the detective agency, however, were only under a temporary cloud. H. Sylvester Jones bluntly told his wife that either he or she could go to South Dakota and return single. Mrs. Jones took the western trip and a few weeks ago the decree of divorce was granted.

H. Sylvester Jones married Minnie, and everybody is satisfied, with the exception of "Sharp & Son." They haven't got their remaining \$9,000 yet, and there doesn't seem to be any reasonable prospect of their ever being called to receipt the bill.

Too Much Idealism in China.

Reviewing "China," by Mortimer Menpes and Sir Henry Arthur Blake, a writer says: "The root fallacy of the Chinese political idea, which alone is responsible for the low place to which the country has sunk in the scale of nations, is the disrepute of the soldier. The gradations of the social fabric are: (1) The literati, for mind is superior to matter; (2) the agriculturist, for he produces from the soil; (3) the artisan, for he is a creator from the raw material; (4) the merchant, for he is a distributor; (5) the soldier, for he is but a destroyer. So China is a sad example of what excessive idealism may do for the nation. Her armies have been, for the most part, mere hordes of undisciplined men, sometimes commanded by robbers relieved for that purpose on account of their supposed courage. Yet a 10 per cent. levy on the population of China would furnish an army of forty millions."

Furious Fun in English Society.

Now for the game the most popular at country houses this autumn. You may call it a variation on the old game of consequences. Each guest has a strip of paper and pencil. Each writes:

"Why is —" (choosing the name of some well known person, or a friend or acquaintance known to the general company), and then turns down his strip of paper and passes it on to the next guest.

Now each writes: "Like a —" (choosing what simile he will). Again the strips are passed on. The third time each guest writes the answer: "Because he or she —." Thus: "Why is Winston Churchill like a piano organ? Because he flies from pillar to post."—The Gentlewoman.

Fog.

Admiral Seymour, discussing fog at one of the Hudson-Pulton banquets, said, with a laugh:

"Off the Newfoundland Banks, you know, the fog is often so thick that the captain has to get out and lead the ship."