



JAMES C. ROSS, Ph. G. B. S., M. D.
HUGH W. MAC LACHLAN.

DR. W. I. SEYMOUR, PRESIDENT AND MANAGER.

W. CALVERT COX, M. D.
MATHEW J. WILLIAMS.

General Officers and Staff of the Dr. Seymour Medico-Optical Company, Located at 52 Dearborn Street, Chicago, Ill.

NOW IN CHICAGO.

The Dr. Seymour Medico-Optical Company with Their Splendid Corps of Assistants.

PHENOMENAL SUCCESS IN OMAHA MAKES CHANGE NECESSARY

Dr. Seymour's Methods Endorsed by Leading Newspapers and Physicians Over the Entire West.

Omaha has been the home of this company for nearly ten years, during which time their phenomenal success in the scientific fitting of glasses and treatment of all eye troubles has made them a reputation which extends over the entire West.

Many new and scientific applications of medical treatments through the science of glasses have been demonstrated by them beyond a question of doubt. Their moving to Chicago was in order to increase their facilities for work and enlarge their field of operation.

They have now established beyond question the finest institution of this kind west of New York city, and the physicians in connection represent professors from the leading eye and ear infirmaries in the United States and Europe, who have taken up these new methods as being an improvement over the free use of the knife and the old time methods of the profession. Their treatments are confined to the eye and the ear, nose and throat when brought in connection with this delicate organ.

The particular reason for designating the company as the "Medico-optical Company" is at once to convey the proper idea as to the field we cover. Our work is not limited to that of the optician, nor does it present alone medical knowledge necessary for proper treatment of all diseased conditions, but it is a combination of the medical and optical sciences, and at once places the physicians in connection with this company far in advance of the ordinary oculist or optician. The meaning of the word optician gives at once the impression that a man may understand all that goes with accurate knowledge of lenses and spectacles, and the word oculist may be ap-

plied to any physician, although he knows absolutely nothing of the science of making and fitting glasses.

If you are not personally acquainted with the great work that has been accomplished by Dr. Seymour in the past decade, it is only necessary to make special inquiry of the numerous references given in other parts of this edition, or better still, improve this opportunity of calling on the representative of this company, who will advise you impartially as to the condition of your eyes and the treatment necessary to bring the desired relief.

This offer of free consultation should be highly appreciated by the people who are interested in this subject, as it enables you to learn the nature of your trouble as well as the expense of having it properly treated. There are many interesting articles in this publication which are taken from leading papers over various parts of the country, and to those who have a personal interest in this work we urge you to carefully read them, as they present the views of many prominent people who have investigated this subject.

CURED WITH EYE-GLASSES.

A Common Malady Which Medicine Does Not Relieve.

STRAIN RESULTS IN HEADACHE

Many Cases of Headache Are Curable Only by the Aid of Scientifically-Fitted Glasses.

The fact that new headache remedies are being constantly manufactured and placed on the market is evidence that this particular disease is on the increase, for as is the demand, so is the supply in all things, and any druggist will tell you that the sale of headache remedies is enormous. This is a serious state of affairs and calls for earnest thought. There is evidently some undiscovered cause for this widespread trouble, which seems to affect the young as well as the old, the strong and healthy as well as the weak.

People afflicted with headaches are very apt to attribute it to some form of dyspepsia or stomach trouble and seek relief in pills and patent medicines, which in most cases do more harm than good. Of course all remedies have their virtues and there are some who receive the desired relief, but by the well-informed it is universally admitted that opiates are admin-

istered in some form in nine-tenths of all the headache remedies, which simply dull the sensibilities and quiet the nerves temporarily.

In seeking for a scientific remedy the real cause of these troubles should be ascertained and a little consideration on the part of eye-workers, who employ the organ of sight continually, would enable them to solve the problem. The thought never seems to occur to them that a headache may be the protest of an overworked eye, and that by relieving the strain on this the most delicate set of muscles and nerves in the body, they will react and assist the entire nervous system. Try to imagine what the effect would be if one were obliged to lift a dumbbell—even though very light—for a thousand times in succession. Can you not see how nerve exhausting it would be?

For the first hundred times you would not think it at all wearing, but the continued strain on the same set of muscles, even though very slight, would cause the strongest man to collapse from sheer nervous exhaustion. So it is with the muscles which regulate the sight. The defect may not be great enough to cause a person to suspect that there was anything wrong with their sight, but the continual effort to adjust the eye, if not relieved, may affect the whole nervous system seriously. Many cases of nervous trouble and even St. Vitus dance have been traced to this cause alone.

These facts should appeal to any thinking person, as their logic is fully demonstrated by the very nature of the symptoms complained of. How often we hear it remarked by the victim of headaches that reading, sewing, bright lights, attending theater or in fact doing anything which requires the application of sight, brings on intense headaches.

In talking to Dr. Seymour on this subject he related his experience in his every-day practice and though it is an old story with him it will doubtless be of interest to many. He said about one person in three who came to him with eye troubles suffered more or less with headaches. In many cases it has not been the headaches which have brought them to him as the sight in most cases has become so bad that the patient feared the loss of it entirely, but the headache is usually one of the first symptoms complained of. Once in a while people will come to the doctor who are not conscious of the fact that their sight is failing, but they had heard that relief from headache can be obtained by wearing proper glasses,

and thus learn for the first time that their sight is defective. The most frequent remark made by his patients who have been treated with glasses is: "Why, doctor, I have not had the headache since you made me these glasses"; and the delight and comfort experienced by freedom from this distressing malady is well worth the trouble of investigating this simple remedy.

TO PARENTS AND TEACHERS

DISADVANTAGES OF IMPAIRED SIGHT AMONG SCHOOL CHILDREN.

Your Child Might Be the Brightest in the Class if Its Eyes Were Not Defective.

How often do we see children hampered and kept back in their school work by defective vision. It is the most serious disadvantage that a child can be placed under, for it not only makes them appear backward and stupid to their teachers, but it also makes them lose confidence in themselves. The greatest amount of grammar school work is done by the use of illustrations, and where a child with perfect vision is able to follow the teacher and gain the benefit of the explanation, the one with impaired sight in his endeavor to see the illustration loses the explanation and thus misses the benefit of the lesson. They become discouraged and conclude that it is their lack of ability that keeps them behind their companions. This most serious condition of affairs can be remedied by the scientific adjustment of proper glasses.

It is the duty of every parent to investigate and ascertain if their children are thus harrassed and oppressed. Oftentimes parents are heard to remark that they know there is certainly something wrong with their children's eyes, but that they can not afford to have them examined by an optician. Now, is this not the height of injustice, and if looked at in the proper light does it not appear extremely unwise? The expenditure of a few dollars now may mean the saving of hundreds later on. It certainly must be evident to all parents that it is their duty to give their children all the advantages that are within their reach, and owing to the marvelous progress made in the science of optics in the past few years it is now possible to correct almost all imperfections of sight.

School authorities all over the country have found it necessary to take this matter into their own hands, and in most cities competent specialists have been appointed to assist the teachers in determining the condition of sight in each department.

THE CAKE WALK IN TEXAS.

The "beauty and chivalry" of the colored four hundred of Houston had gathered in the city hall a few nights ago for the purpose of having a "cake walk," and as I was anxious to see the genuine article I procured a ticket and presented myself at the hall. One side of the room was reserved for white people and the other for the colored folks or "niggers," as these southerners call them. A chalk line had been marked around the room, enclosing a space about fifty feet square, within which the walking was to be done, and presently the inspiring strains of "A Hot Time in the Old Town," played by a brass band, set everybody's feet to patting. The air was presently taken up by a string band composed of negro musicians and the grand march began. After circulating about the room for a number of times, the cake walkers, among whom were professionals from Dallas and Galveston, seated themselves and we were treated to some very clever clog dancing, one of which was a representation of the noise made by a train of cars in starting and slowing down, another cut the pigeon wing, etc., and in fact the dancing was the cleverest I have ever seen, not excepting stage performances, and it was purely original with many of the dancers and was unlike anything I had ever seen before.

After this, the band struck up "At a Georgia Camp Meeting," and the cake walk began in earnest. A couple took their places upon the floor—the man was a tall negro in a silk hat and red Prince Albert coat, his fair partner a very good looking yellow girl, dressed in a dark red silk dress. They were both of them exceedingly graceful in all their movements and in promenading around the hall betrayed the natural and instinctive love for music inherent in their race. This promenade was followed by an individual walk in which the man would go one way and the woman another. Then a meeting would be had. It was supposed to be a street scene. A flirtation followed, winding up with a love passage, in which they both displayed some clever

acting in pantomime. This was followed by a quarrel, which of course had to be made up, then a shower is supposed to come on and the lovers use an umbrella. They again have a quarrel and the inevitable "razzer" of coontown is brought into action by the buck, but he is baffled by the quick action of the girl, who points a pistol at him and startles the audience with a shot, which settles Mr. Coon and frightens him into submission. He finds his "baby" is too "warm" for him. They retired amid a storm of applause from both sides of the house, and the band striking up another popular air, another couple take their places upon the floor. The man's costume is slightly different, but still very striking, and the colored belle on his arm is a study in black and white in her low-necked and short sleeved gown of white silk, her finely molded arms and neck of shining ebony, presenting a striking contrast to her white dress. This couple seemed to eclipse the first one in grace and certainly displayed all the poetry of motion which is characteristic of this race of people, which we of the north know so little about.

While the white people of the south treat the negroes as an inferior race, socially, mentally and morally, there nevertheless seems to be a very friendly feeling between them and the colored folks, which amounts to affection in many cases where years of service in the families of white people have endeared them to their employers. What a northerner would probably consider a harsh manner of speaking to them is not so considered down here and is only used occasionally when a "nigger" forgets to keep his place. It is evident that the southern man is the friend of the negro, despite the belief to the contrary, and the fact that the negroes are happy and content in the south proves that they do not suffer at the hands of their white brethren.

Composed on Trains.

Sir Arthur Sullivan was once asked where he was able to compose best, and under what circumstances his ideas flowed most freely. "There is no place," he said, "where I have so many inspirations as in a railway carriage. There is something in the rapidity of the motion, in the clanging of the iron, and in the whirring of the wheels, which seems to excite the imagination and supplies material for a host of harmonies."

Nothing is useless to the man of sense; he turns everything to account.—La Fontaine.