

EYES, SPECTACLES, AND NEWS-PAPERS.

How long ought one be able to read a newspaper without any discomfort or injury to the eyes? Six or eight hours a day. People with good eyes or with the right glasses can read print for six or eight hours a day steadily. If this can be done, and if the finest print looks the same to both eyes, there cannot be much wrong. Good eyes without glasses can do this; but no eyes with bad glasses can do this. One-half of the people cannot read the newspapers for any length of time on account of the bad eyes, improper glasses, or both.

Nearly all persons from instinct or habit and from the sheer necessity of trusting the eyesight feel that their eyes are perfect. There is not one chance in a hundred that this is true, and if they will only take a minute and try their eyes, even with the ordinary tests used by the government and railroads, many will find that they are badly mistaken, and if they will try the more useful and yet more delicate tests of the specialist doubt will grow into conviction that something is wrong.

Many of the shortcomings of the eyes do not give trouble or need attention until late in life. On the other hand, a slight failing may quite early in life injure the eyes beyond repair. Other parts of the body can differ in size and in shape, and still through life give good service, but in this one thing be sure all eyes must be as true to a fixed standard, both in size and in shape, as a legal, minted dollar, and if not they are not right, and trouble will come sooner or later.

A man's eyes for a great distance are not so good as an eagle's, nor for small and near objects so good as a monkey's. Nearly all animals can see better at night than man. The Bushmen of Australia, and some of the African tribes have in their wonderful eyesight for distant objects their best means of protection. A man may see things that are far off all right and yet not see well to read, or it may be just the opposite with him. In near-sightedness objects are magnified, thus some who cannot see a man across the street are able to do the finest engraving by the naked eye. People with good eyes can read for hours at a time without any trouble, and can see well at any distance, no matter how far, and need no spectacles until late in life, and then only for reading.

Old people like these can find glasses for a quarter that fit them all right.

There is no other test that will show as many of the failings in the eyes as the simple one here given: Hold fine print about sixteen inches from the eyes. Cover first one eye and then the other with a card. Keep both eyes open. Now try the eyes with advertiser's print, letters half an inch square, about twenty feet away. In the aged this is the best test to tell whether both eyes see exactly alike. In this test shows they are not alike in one under thirty there is something badly wrong. If any difference is found, reading and near work should be let alone until the eyes are perfectly fitted and balance with glasses so as to see print alike and act in harmony.

In conclusion, Dr. Seymour wishes to call special attention to that particular trait of human nature, which for some inexplicable reason will accept his invitation to come and consult him

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about their eyes and then go home and tell their neighbors that they can do just as well for less money with some one else. This may be true in their estimation, but be it remembered that Dr. Seymour makes a careful examination of every trouble before setting any price, and all patients retain the privilege of doing just as they choose after the price is set. 1219 K stree. Hours: 9 A. M. to 4 P. M. daily; Sunday 10 to 12.

SOLDIER'S MEMORIAL HALL.

Progress on the addition to the west end of Grant Memorial Hall is slow because of the daily rains last week. The new building will be known as soldiers memorial hall and will be used as a girls' gymnasium. It can easily be turned into an audience room when occasion demands. It will be connected with Grant Hall by an ordinary double door only and the two large floors can not be turned into one as was at first planned.

The outside dimensions of the building are 100 by 60 and the same height as Grant Hall. The main entrance will be in the center of the west end and from the ground floor. After stepping into the entrance hall steps will lead from the right and left to the second floor where all gymnasium classes will be held. This will also be the audience room. A few feet, from the head of either of these stairs are the steps to the balconies. These extend across the north and south ends. The organ loft for the alumni organ will be directly above the entrance hall of the first floor and between the landings of the stairs on the second floor. This will be four and one-half feet above the level of the floor. The choir and speaker's platform will be in front of the organ loft and two feet above the level of the floor. The office of the director of the women's gymnasium will be located to the left of the platform and in front of the left stairs.

The first floor will be divided into several rooms as follows; locker room 40x40; lecture room 37x40; lecture room 20x40; cloak, toilet, and measuring rooms. The baths will be located on the 1st floor of Grant Hall in the rooms now used by the women as locker cloak and office rooms.

ADMISSION REQUIREMENTS RAISED.

Rush medical college of the University of Chicago has changed the requirements for graduation. Seven years must now be spent to obtain an M. D. Five of these years will be devoted to strictly medical branches, and will be passed at the college; the remaining two will be spent studying literary and classical subjects at Chicago or some similar institution. The additional year at Rush will be occupied in chemical work.

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