PULSE OF WESTERN PROGRESS

Statistical Evidence of South Dakota's Growth and Greatness.

UNIQUE MEASURE FOR LIQUID REFORM

Municipal Saloons as a Panacea for the Ills of Prohibition—Expert Opinion on Idaho Gems—Recent Notable Happenings in the Northwest.

The annual reports of the officers of South Dakota furnish a mass of information concerning the development of the state in all lines of activity. During 1892 there were shipped out of the state 61,788 carloads of products, of which 30,113 were wheat, 1,264 corn, 3,228 oats, 5,376 flax, 1,734 flour, 1,531 hay, 51 butter and eggs, 3,075 of stone almost entirely from Minnehaha county, 169 cement from Yankton county, 7,342 of cattle, 4,065 of hogs, 215 of horses and mules, 227 of sheep, and 175 of mixed stock. The valuation of some of these shipments is as follows: Cattle, $4,405,200; hogs, $3,252,000; horses and mules, $430,000; sheep, $101,000; wheat, $10,850,680; corn, $303,300; oats, $501,300; flax, $2,688,000; flour, $1,213,800; hay, $51,240.

The total railway mileage in the state is 2,708 miles, of which the Chicago, Milwaukee & St. Paul has 1,096, the Chicago & Northwestern 744, the Fremont, Elkhorn & Missouri Valley 185, and the B. & M. 169, with the rest divided between thirteen companies.

The railroads paid during the fiscal year ending June 30, 1892, taxes in South Dakota amounting to $220,760, an amount not very much less than that paid by the counties of the state during the same time into the general fund.

The total number of miles covered in this state by passenger, mixed, switching and construction trains during the year was nearly 8,000,000. The number of passengers carried was 2,031,000, and the total passenger mileage was equivalent to carrying one passenger 67,000,000 miles. The freigh business in the state during the year was equivalent to the carrying of one ton 524,767,393 miles.

The number of railroad employes in the state is 3,155.

During the year there were two passengers killed and three injured, seven employes killed and sixty injured, and two other persons killed and sixty-nine injured.

The national gift to South Dakota for educational purposes consisted of 3,521,400 acres of the public domain. Of this magnificent endowment, 3,823,320 acres belong to the common schools. So far, 2,878 acres have been sold and deeded, and 98,945 are under contract of sale, leaving the state still in possession of 2,721,494 acres. The sums realized from the sales amount to $1,387,381, of which $687,080 has been paid into the treasury, leaving the balance from purchasers, upon which they pay interest. The number of acres leased is 908,103, and the receipts from leases amount to $48,818. Average price realized from sale of land is $14.62½ per acre. During the year 1891 the income fund apportioned to the school districts of the several counties of the state amounted to $45,082, or 52 cents per child for the 86,676 school children in the state, while in 1892 the total income fund apportioned was $78,108, or 86 cents per child for each of the 94,824 school children. The increase in the number of school children in the state from 86,676 in 1891 to 94,824 in 1892 is nearly 6 per cent.

BOGUS DIAMONDS.

New York Experts Pass Upon Idaho's Gems.

New York papers report that jewelers in that city have received specimens of the alleged diamonds from Owyhee fields of Idaho. Four samples were submitted to Mr. J. C. Fox, a Maiden Lane lapidary. After a thorough examination Mr. Fox pronounced them rock crystals. "This does not prove," said Mr. Fox, "that no diamonds can be found in Idaho, but simply that these particular specimens are not diamonds."

A few weeks ago a correspondent of Tiffany & Co. in Idaho sent on some of the best specimens found. They were examined by George F. Kunz, Tiffany & Co's. expert in precious stones. He pronounced them crystals, and they were returned. Mr. Kunz has been confounded with the agent from Amsterdam. "I have not seen a diamond," he said, "that I was absolutely certain came from Idaho. I am quite satisfied, however, that a few small diamonds have been found in the placer diggings there of about the same quality and occurring under the same conditions as those in California. In neither region have they been made the object of special search heretofore. Those found were picked up by miners while washing the gravel for gold. Fragments of diamonds have been occasionally noticed in the tailings from the quartz mills, being the remnants of stones broken under the stamp."

TURNED UP ITS TOES.

Hard Times in Nevada Tell on the Newspapers.

The Virginia City Territorial Enterprise has ceased to be. The chief financial pillar of the paper, D. O. Mills of New York, tightened the strings of his purse a few days ago, and the Enterprise bid farewell to things mundane on Sunday last.

The Enterprise was the oldest newspaper in Nevada. For the past twenty-five years it was controlled by the bonanza millionaires and the Bank of California. It was the organ of those people. This explains why it has been a losing property for ten years back.

The Enterprise had the honor of serving as a kindergarten for most of the noted California writers. With the exception of Bret Harte, all have served on this Nevada paper. Mark Twain, Joaquin Miller and Dan De Quille were reporters in the bonanza days, and some of Mark Twain's best stories first saw the light in the Enterprise.

Activity in the Hills.

This coming spring and summer promises to be the most active in mining matters that the Black Hills has ever seen, not excepting the palmy days of 1876. During the fall and winter over $1,000,000 of property has been purchased by eastern capitalists, who will place their properties in shape for production. The majority of the purchases have been made in the Bald mountain and Ruby Basin districts. These districts, with an area of fifteen square miles, are covered by a blanket formation of brown and blue ores, each susceptible to the chlorination process

A Land Office Business.

During December the land office at Aberdeen, S. D., disposed of 6,501 acres of land, for which $8,127 was paid. Seventy-three original homestead entries were made covering 11,630 acres; fifty-seven final homestead proofs were made for 9,048 acres, and 1,920 acres were secured by final timber culture proof. The total number of acres disposed of was 29,099. During the month of November the cash sales were $5,384, and the total average disposed of was 27,977.

Nebraska and Nebraskans.

Another carload of live chickens has been shipped from Superior to California.

Grand Island's German paper, Der Herold, has been sold to Louis T. von Wasmer.

A special term of court is to be held at Butte to decide the Boyd county seat contest.

Wakefield is to have a farmers institute, commencing January 24 and lasting for a week.

Red Willow county's educational association will hold its next meeting at Bartley, February 25.

The Farmers Institute of Nemaha county will be held at Johnson, January 31, and February 1, 2 and 3.

Madison is to have a plow factory, and it will be in operation inside of sixty days if nothing happens to prevent.

The citizens of Alma have organized a company to build a flouring mill. The capital stock of the company is placed at $10,000.

Merrick county supervisors have called on the county clerk to refund $400 which he has pocketed as pay for reporting the meetings of the board.

Mr. Weston, living eight miles west of Table Rock, is slowly dying. He has been sick a long time with what was thought to be gout. Lately some are inclined to the belief that it is leprosy. His feet have rotted off and the flesh is sloughing off toward his knees. His death cannot long be delayed. He lives in the edge of Johnson county, is a widower, with two daughters, who are both old maids. They are quite wealthy.

While on his way to jail, Sheldon Page escaped from the sheriff at Superior and enjoyed twenty-four hours of liberty. Then he was recaptured at Webber and now lies in confinement at Nelson.

The survey of the north line of Nebraska will settle many disputed points over land claims along Boyd county's north line, and open up more land for settlement. The contract for this will be let this month.

Two shopmen at North Platte were injured the same day last week. Edgar Donehower had his hand caught in a planing machine and badly mangled, and John Dwyer had his eye badly hurt by a piece of flying steel.

After preparing to hang himself, Magnus Tienswold, a young farmer, residing near Rushville, concluded that it was easier to die by the poison route. So he took a dose of strychnine and was found dead in bed with a rope hanging over his head.

Says the Wakefield Republican: Considerable excitement was stirred up in town of late on account of the reported attempted abduction of an estimable young lady of this city by a certain dark complexioned stranger, said to be a Mexican, who hung around here most of last week. The guardians of the young lady, however, were on their guard and foiled the attempt at abduction and protected their charge. We might enlarge upon this matter, but do not consider it either in the line of our business, or to the best interests of all most interested, to do so. Itis enough to say that several doses of cold lead are ready for the fellow should he show up again and repeat his dastardly attempt, and that they will be administered without superfluous preliminaries.

Western News Nuggets.

George H. Peterson of Evanston, Wyo., has been left a fortune of $250,000.

The Spearfish, S. D., Electric Light company, capital $500,000, has been incorporated.

The Northern Pacific proposes to build a branch from Missoula, Mont., into the Flathead country.

Willow Creek, five miles west of Idaho City, is gradually coming to the front as a gold mining district.

Three hundred thousand cords of wood and 175,000 tons of coal, all worth about $2,000,000, comprised the fuel pile consumed in Portland last year.

The Woodruff company has sold 13,000 sheep at Casper, Wyo., have shipped 13,000 to their feeding yards at Hooker and have 13,000 left. Lucky thirteen!

A 100-foot sea serpent was observed slashing around in Gamble bay, Puget sound, a few days ago. A gold cure establishment is projected in the neighborhood.

Kilpatrick Bros., the noted railroad contractors, have arrived in the Black Hills with their forces and are preparing for active work on the Burlington extension to Spearfish.

An unusual number of vagabonds, hobos, vagrants, beggars and tramps now infest Puget sound cities, and this probably accounts for the large number of burglaries and robberies now being committed.

A logging firm in Tacoma, Wash., has just signed a contract to get out 200,000,000 feet of pine lumber. The contract involves the building of a railroad thirteen miles into the heart of the lumber region. It will take at least five years to fill the contract and the freight will amount to $250,000.

A landlord at Great Falls, Mont., is suing election clerks and judges for the price of meals furnished on election day. In his bill the landlord avers that they lived on the fat of his larder. Prime steaks and chickens of tender age were devoured, also six varieties of pie and cake and ice cream to match. He wants $2 a man, and ought to get it.

R. A. Keenan of Sweetwater county, Wyoming, is abroad as a candidate for United States marshal. Accompanying a pictorial sketch is the assurance that he is a man "of splendid physical stature," and that "nature smiled when his facial contour was chiseled to gladden and captivate his friends and the fair sex." Taking these attractive qualties into consideration, it is not surprising to hear that the Ladies Democratic club of Rock Springs feel "warranted in pressing Mr. Keenan's claims to a successful issue."

Salt Lake capitalists have put their shoulders to the projected railroad to Coalville. A map of the route shows a gradual up grade from Salt Lake to Coalville. The latter town is about 1,300 feet higher than Salt Lake. The difficulty heretofore with projected lines to Coalville has been the enormous grades. There will be a gradual upgrade for empty cars and a down grade haul to this city. The distance over the Salt Lake & Hot Springs route will be fifty-two miles, which is considerably shorter than any other proposed line to Coalville.

PETRIFIED SNAKES.

Colorado Miners Strike a Strange Formation Indeed.

CANON CITY, Col., Jan. 22.—One of the most startling finds ever made in this section was unearthed at Rockvale, a small mining camp nine miles northeast of here. The Santa Fe Coal company was excavating in the bottom of a gulch for the purpose of putting in a new track, when a peculiar formation was run into. The workmen stopped to examine it, and on digging around the spot the strange thing was found to be a perfectly formed snake, twelve feet in length.

This find caused so much excitement that the excavation was continued, and at a little distance another reptile was uncovered, and on being dug out was found to be twenty-four feet in length and as thick through as a man's body, and perfectly petrified, and there is no telling how many of the monsters will be found. The three already taken will make part of the Colorado exhibit at the World's fair.

Carried a Valuable Cargo.

NEW YORK, Jan. 22.—The most valuable cargo that has left this port in many a day went out yesterday by the steamer La Champagne for Havre. Four million three hundred thousand dollars in gold is a large amount to ship on short notice, and officials, clerks and other employes were on the jump since early morning at the subtreasury in Wall street, preparing kegs of precious metal to this amount for shipment. The La Champange which should have sailed at 1 p. m., was held until 2:30 to accommodate this shipment.

ELECTRIC SPARKS.

There seems to be ground for belief that electricity will come considerably into use as an anæsthetic.

Not over a quarter of the houses in Paris are lighted by gas, but there are over 175,000 incandescent electric lamps in use there.

A system of underground trolley wires for electric cars has just been patented in Washington, D. C., by three residents of St. Louis.

The experiment of lighting the omnibuses of the London General Omnibus company from storage batteries has proved eminently successful.

A new electric switch has been designed for use in connection with the lock of a door, so that when a key is turned in the lock lights inside are turned on.

A submarine electrical lamp recently tested at a depth of thirty feet under water proved a great attraction for fish. It caused the water to be illuminated within a radius of 100 feet.

An electrical acidmeter, or instrument for measuring the amount of acid substance in liquids, has recently been perfected, and is expected to come into extended use in refineries, breweries and similar places.

Electricity has been successfully applied in agricultural operations at the Polytechnic institute of Alabama, at which place a motor has been at work since last spring threshing oats, wheat, rye and barley, cutting ensilage, grinding corn, and ginning and pressing cotton.

The danger from shocks caused by current from a live wire traveling down the stream of water to the fireman holding the nozzle of a hose has led to the devising of an insulated support for the nozzle, which grounds the current and at the same time is of great help in holding the stream steady.

A new process of electrical disinfecting consists in passing a current of electricity through sea water, or any solution containing chlorides, and by this means developing hypochlorides, which are powerful disinfecting agents, and can be manufactured cheaply in this way upon a large scale.

Double-decked storage battery tramway cars have been operating in Paris for a month, and are said to be giving general satisfaction. They run much better than the conduit system used in other parts of the city, and are preferable to any of the lines using overhead wire construction.

USE AND ABUSE OF THE EYE

Information by an Authority on This Important Subject.

SOME OF THE CAUSES OF INJURED SIGHT

Many of Them May Be Avoided With a Little Effort—A Few Simple Precautions for the Care of the Eyes.

The following extract is made from a lecture by Dr. L. Webster Fox before the Franklin institute on "Eyesight in Middle Life and Old Age, with a Few Hints for Its Care and Preservation":

In this day of telegraphy, shorthand and specialism, man has much labor both mentally and physically to perform, and we must always remember that 'tis through the eye that the greater part of this labor is accomplished.

It is bound to excite astonishment at the wonderful labor-performing functions of an eye when we think of what can be done. If boys bring with them up to the entrance of manhood habits which are pernicious, what a serious outlook for the lasting qualities of that individual who requires immense expenditure of nervous energy and eyesight between manhood and old age, or between twenty and sixty.

Tobacco, Alcohol and Drugs.

Tobacco and alcohol are the two most prominent agents which not only pervert, but also destroy, special senses, and of which men of this age too freely indulge, especially in social life.

It is a well authenticated fact that boys who have indulged in the use of tobacco are not mentally and physically as strong as those who abstain; not only have medical men recognized the tendency to a depression of the vital force in boys and young men who are constant users of tobacco, but athletic trainers will never select their boats' crew from such ranks.

These men know that tobacco weakens the heart. It is the same with foot ball teams or tug-of-war men; they may be giants of strength, but when the final test comes, that subtle fluid flying through their nerves with lightninglike rapidity is suddenly snapped; collapse and defeat follow.

The excessive use of tobacco not only weakens the muscles of the eye, but also produces a lowering of the acuity of vision and a form of color blindness. I can recall an instance of this peculiar form of blindness.

Prof. Chisolm of Baltimore some years ago had a patient, a planter's wife from one of the southern states, consult him for defective vision and who was also blind to certain colors. Prof. Chisolm, after making an examination with the ophthalmoscope, and who up to this stage of the examination had not asked her anything as to personal habits, turned to her and said: "If you were a man I should pronounce your case one of tobacco amblyopia, or color blindness, due to excessive use of tobacco." The lady, completely surprised at the keenness of the observation, confessed that she was an excessive smoker; she and her husband lived alone in a retired part of the country, and in the evening after dinner she would light her husband's pipe, at first taking but one whiff; as time went on she would increase the number of whiffs, until she gradually became addicted to the use of tobacco.

How often we hear of the sudden deaths of young men or individuals in the prime of life! Could we read between the lines, or, in other words, dissect that nervous system, we might read there or find the evidence of overindulgence in tobacco.

With smoking I class the chewing of tobacco as a very grave evil. The filthy habit which compels street car companies to exhibit placards in their cars prohibiting spitting speaks in words stronger than I can use. It is a disgrace to American manhood that such a recourse had to be taken.

One thing to which attention has been recently called is that the women of this generation are proportionately larger than men. If such is the fact, may it not be due to women abstaining from the use of tobacco?

Large sums of money are voted and many laws passed for all kinds of sanitary precautions; medical colleges vie with each other in selecting the ablest and best instructors to guide medical students toward becoming the keen guardians of the public health, but what does it avail when these patent evils remain unfettered? Do not misunderstand my imputations against the use of tobacco; a large gulf lies between the use and abuse of the fragrant weed. Men who have gone through a certain amount of mental strain are the better for smoking one, two or three cigars daily; they have a soothing effect upon the overwrought nervous system, and smoking brushes away the cobwebs and makes man a more social creature. Any excessive indulgence in smoking is sure to produce evil results, but the chewing of tobacco must be condemned at all times.

Another source of injury to vision is the excessive use of alcohol in whatever form it is taken into the system. The drinking of beer or wine acts in a deleterious manner upon that part of the eye called the crystalline lens.

Excessive wine and beer drinkers are very prone to have cataracts before they have passed the 45th mile post in their lives, while whisky drinkers are subject to affections of the retina and optic nerve.

There are also certain drugs which produce a bad effect on vision. It is said that Americans are fast becoming a quinine-eating people.

I am sure that certain intraocular affections may be traced to the abuse of this drug. I have in my possession the notes of several cases where blindness was directly traced to excessive doses taken at short intervals.

Other drugs which are also injurious to eyesight are chloral, opium and the bromides.

Cosmetics which are placed in the eye to heighten its luster should be avoided, as they are always dangerous; eye balms of all kinds should be avoided, especially if the ingredients are rich in the proportions of lead.

The same observations are applicable to the dyeing of the hair and eyebrows.

There is a case on record where a diminution of vision has been traced to the wearing of an artificial wreath of flowers.

Another source of failing vision may be traced to impeded circulation. The wearing of tight neckwear, such as collars which are too small or shirtbands or neckties tightly drawn, should be avoided; this prevents the downward column of blood returning to the heart; the blood, being retarded, is dammed up in the capillary blood vessels; the heart, driving against this volume of blood, is sure to cause dilation of them, and certain diseases develop. We are almost sure to have fullness of the head or headache following. To say the least, the equilibrium of the circulation is destroyed. The same rule holds good to constriction of other parts of the body.

Effect of Typewriters.

A subject which is commanding some attention is, "Are Typewriting Machines Injurious to Vision?" The individuals who find the most trouble with their vision are those who are students of this new calling. Close attention and concentration of vision is necessary to produce accurate copy. After one becomes so thoroughly proficient in manipulating the keys that he acts automatically, much relief is given to the eyes, but until this is accomplished a great many, especially young girls, suffer from eye strain.

I have given this matter considerable attention for a long time, and I am constantly consulted by individuals who earn a livelihood by working at such machines six to eight hours daily and in some cases longer, and I find that the arrangement of keys has much to do with those afflicted with ocular disorders, for those who wrote on machines having circular key-tips almost always had eye trouble.

Among the patients who have consulted me, I quote from one who has been using various machines now on the market; his language is as follows:

"In considering the various type-writing machines now in use, and the effect they have on the eyesight of those using them, I will make use of but three—namely, the Remington, Caligraph and Hammond, as these are the leading machines, and the ones most in use.

"The keyboard of the Remington machine contains thirty-eight keys, circular in form, with the letters printed on white paper covered with glass. On account of their arrangement, shape, size and color, they are very confusing, having a tendency to run together.

"The Caligraph has this same fault in a much more aggravated form, from the fact of its having a larger number of keys, thus tending to add to the confusion or running tendency which a multiplicity of keys produces.

"The Hammond has its keyboard arranged in the form of a semicircle, each key being made of ebony wood and shaped somewhat like a piano key, with the letter cut on them and filled with white enamel. The thirty keys represent, collectively, ninety characters, having fewer keys and more characters than any other machine, and yet the keys are made of such material, color and shape that they do not tire the eyes in using them."

This patient has been using typewriting machines almost constantly for the past five years; during the first two years he used a machine with round finger tips or keys, and he always experienced a burning sensation in the eyes, as if small particles of sand had lodged under the lids; the smaller bloodvessels looked congested, and these symptoms became so aggravated that he consulted my assistant (I being in Europe at the time), to see if something could be done to relieve him from his misery. He could not read at night after working through the day. Prior to using this machine he had had no eye trouble of any kind. My assistant, who made a careful examination, found that he had no visual defect. He exchanged his typewriting machine, and after three years constant use he has had no further trouble with his eyes.

Another patient, who has had a somewhat similar experience, tells me that while she has never used the Ideal Hammond, the black keys of the Caligraph are less hurtful to her eyes than the white keys of other machines.

Before a writer becomes so proficient that he can perform his work automatically, his eye strain must be enormous. If any visual defect exists I prescribe the proper glasses, and if round finger tips or keys are used I advise a change to be made to machines having rectangular keys, which I find are the least hurtful to the eyes.

Reading on the Cars.

Another source of eye strain is produced by constant reading in railway carriages. I have often been impressed by the avidity of passengers seizing their morning paper and devouring column after column to and from their places of destination. On account of the oscillating movements of the car the paper is held inside the proper reading distance; this is done to get a larger image of the reading matter, but in doing so the muscles of accommodation, as well as the converging muscles, are kept on a severe strain.

These same men pass rapidly from the station to their places of business, neither looking o the right ntor left of them, but with thought intent and fixed gaze they still hold these muscles with a strong grip; all day at business the same, and a repetition of the morning's work upon the train homeward bound at night, and so for ten or twelve hours those patient eyes are forced to work, which keeps up the strain, and on account of the tension more blood is brought to the parts, which in a short time produces failing sight and chronic congestion of the eyelids and eyeballs.

Resting the Eyes.

We must not forget that a certain amount of recreation is not only conducive to good health, but is absolutely necessary to preserve the same. Men who are constantly employed either at reading, drawing, adding up columns of figures or near work of any kind, should take short intervals of eye rest, especially those working upon white or glazed paper, wood engravers or etchers. Nothing gives such eyes greater relief than a green disk or square of sufficient size, suspended on a direct line of vision at or against a wall on which the eyes can rest; but best of all if that individual can look upon a green grass plot or green trees.

School rooms, instead of having black walls, would be a source of great comfort to the overtaxed eyes of children if they were decorated with pastoral scenes, or any picture representing long distances.

One of the most prominent and popular professors, who speaks with an experience of twenty-five years, tells me that he has found the old-fashioned school maps, with their glazed surfaces, not only injurious to vision, but, on account of their highly reflective surfaces, difficult to see from certain positions. This style of map should have been banished from the school rooms years ago.

Pictures in which great distances are shown are the best for sitting rooms. The drop curtains in theaters should have scenes painted on them showing great perspective; it is a rest to the eyes, after the concentrated effort made in trying to watch the facial expressions or eyes of an actor, to look upon such a picture. The success of Russell Smith's scenic paintings on drop curtains was that he gave great prospective to his drawings.

It is essential to preserve good sight by such means as will not interfere with good health, and the first step in that direction is to have plenty of light and air; not the heated atmosphere of the average American business place or home. I am sure that this high temperature helps to ruin people's eyes more than we like to admit; too much light, especially if it be reflected, is particularly injurious; it produces an overstimulation to the retina.

Individuals who have to earn a livelihood with the pen should write on paper tinted green, blue or yellow. French authors use green tinted paper, and say that they are greatly relieved from eye strain by doing so.

From what I have gathered from clinical observation, I find that a lesser quantity of light is less injurious to an eye than an excessive bright light. For example, miners have less visual defect than machinists who work under electric lights.

The eye is so delicately adjusted that if one were to heed its warnings very little injury would result to it, but unfortunately men and women alike seem to think that at all times and under all physical conditions can this organ be kept at high pressure; they never think that reneral diseases or such as usually manifest themselves in other organs may develop special eye diseases.

Words of Caution.

After the last epidemic of grip I was particularly impressed with the large number of patients complaining of the loss of power of the converging muscles of the eye. Upon investigation, I found that while these patients were confined either to bed or home they would read incessantly.

The result of this overtaxation was weak eye muscles, while so long as they remained unsupported by prisms the patient suffered with pain over the eye region, headaches and other evidences of eye strain.

Individuals when suffering from any depressing disease should be guarded as to the length of time they read o ,erform near work, as they should be to physical exertion of any kind.

It is not my purpose to go into a discussion of the medical side of the many injuries the eye receives in an indirect way, but persons who have a predisposition to catarrhal ailments, a rheumatic or strumous diathesis, must carefully avoid all sudden changes of temperature or sudden exposure of any kind, as the eye not infrequently becomes the culminating point of disease.

People prone to overeating with little or no exercise, frequently have this condition as well, which is known to the profession as "Muscæ Volitantes." They are not, as many people think, the forerunners of cataracts or blindness—in fact, so long as they remain minute specks they are harmless. One thing they point to, and that is, the eye should have rest and the body made to work; an inverse condition of affairs should be brought about to that usually existing; plenty of outdoor exercise and very little near work upon white paper.

The state of the mind has much to do with vision. Violent affections or great passion, long-continued grief and care cause a diminution of the eyesight. It is recorded that extreme terror has induced blindness; violent anger or rage lessens the acuity of vision to a marked degree. All this acts like so many corroding cares perpetually undermining the stock of good sight nature has given us.

The archbishop of Seville, who died at the age of 110, when asked the secret of his longevity and good eyesight, said, "By being old when I was young. I find myself young now I am old."

Ailments of Age.

One of the first concomitants of age is acquired far-sightedness. This necessitates wearing certain glasses for near work.

Whenever a man or woman about 45 years of age finds himself or herself reading or threading a needle at arm's length, their action tells that the little muscle governing the accommodation is growing weak and needs assistance. By persisting in forcing this muscle to work, much injury is done to the eye, but by having it corrected many a frown would be saved to man and many wrinkle to woman.

Not only is it important to get glasses, but of more importance still is it to see that you get the kind suitable for each eye. It is comparatively rare to find two eyes exactly alike, and the aid of an ophthalmic surgeon who is not only competent theoretically but practically should be sought.

As age increases, excessive reading, writing, or work upon very small objects must not be persisted in, especially if the eyes grow tired. It must be remembered that the elasticity of the eyeball is lost, and any persistent effort may produce hemorrhage in the retina, or such a strain as may lead to other serious troubles.

Old people should be careful not to read with a strong artificial light falling on a white glazed surface. It would be better for such people if our monthly magazines were printed on paper of a neutral tint.

To Preserve Eyesight.

In conclusion, I venture to give you a few more hints on the care of your eyesight:

1. Avoid sudden changes from dark to brilliant light.
2. Avoid the use of stimulants and drugs which affect the nervous system.
3. Avoid reading when lying down or when mentally and physically exhausted.
4. When the eyes feel tired, rest them by looking at objects at a long distance.
5. Pay special attention to the hygiene of the body, for that which tends to promote the general health acts beneficially upon the eye.
6. Up to 40 years of age bathe the eyes twice daily with cold water.
7. Do not depend on your own judgment in selecting spectacles.
8. Old persons should avoid reading much by artificial light, be guarded as to diet and avoid sitting up late at night.
9. After 50, bathe the eyes morning and evening with water so hot you wonder how you stand it; follow this with cold water, that will make them glow with warmth.
10. Do not give up in despair when you are informed that a cataract is developing; remember that in these days of advanced surgery it can be removed with little or no danger to vision.

General Butler's Estate.

LOWELL, Mass., Jan. 22.—A citation in tonight's Courier answers inquiries made since General Butler's death as to whether he left a will. He died intestate and his son, Mr. Paul Butler, and son-in-law, Hon. Adelbert Ames, have applied for letters of administration upon the estate.

AYER'S Cherry Pectoral

Has no equal for the prompt relief and speedy cure of **Colds, Coughs, Croup, Hoarseness, Loss of Voice, Preacher's Sore Throat, Asthma, Bronchitis, La Grippe,** and other derangements of the throat and lungs. The best-known cough-cure in the world, it is recommended by eminent physicians, and is the favorite preparation with singers, actors, preachers, and teachers. It soothes the inflamed membrane, loosens the phlegm, stops coughing, and induces repose.

AYER'S Cherry Pectoral

taken for consumption, in its early stages, checks further progress of the disease, and even in the later stages, it eases the distressing cough and promotes refreshing sleep. It is agreeable to the taste, needs but small doses, and does not interfere with digestion or any of the regular organic functions. As an emergency medicine, every household should be provided with Ayer's Cherry Pectoral.

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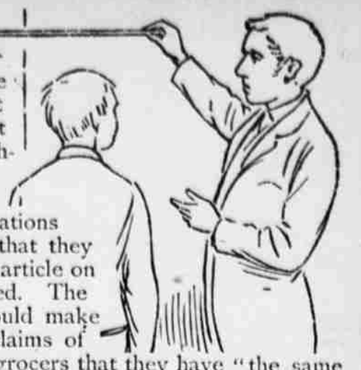

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