

INTERESTING NOTES

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the waters along the Spanish main, the West Indies and the Carolinas.

Many nations claim the invention of playing cards, but it is now believed they originated in China. The Chinese dictionary claims that they were invented in the reign of Emperor Seun-ho, 1120 A. D.

CARE FOR YOUR EYES

A blind person has a hard time all the time. The eternal darkness is trying to the bravest souls. Often loss of sight can be prevented with ordinary care and that care should be exercised by the young as well as the old. The following article on the eyes just came to our desk from the office of the State Board of Health, and it will pay any one to give it a careful reading:

The eyes are the agents of one of the most important functions of the human body. The eyes are most delicate and sensitive, and their usefulness is easily impaired. It is estimated that over 50 percent of impaired eyesight and the attendant discomfort, disease and dependency can be prevented.

The best artificial lighting system is that nearest to ordinary daylight. The light should come over the left shoulder for right-handed people, and over the right shoulder for left-handed people, in order that a shadow be not cast.

Faulty vision is sometimes due to eye disease, but is also often due to defects of the eyes which prevent the rays of light from being properly focused in the eye. Properly fitted eyeglasses, properly worn, will remedy the defect. Properly fitted eyeglasses not only enable a person with defective vision to see more clearly, but they may improve the general physical condition. The proper fitting of eyeglasses demands expert knowledge and great care. Eyeglasses, the lenses of which are not adapted to the eye, or frames that do not hold glasses in correct position, may do great harm. In the normal eye, by special sense of sight, the images of objects are properly focused and a clear picture thus formed. Myopia, or nearsightedness, is induced by a condition where the distance from the front to the back of the eye ball is too long. This causes distant objects to be blurred, and discomfort, headaches and eyestrain are experienced. Hyperopia, or farsightedness, is induced by a condition where the distance from the front to the back of the eyeball is too short. This causes close objects to appear blurred, which in turn brings about eyestrain.

Astigmatism is induced by a condition where the rays of light falling upon different parts of the eye are not focused at the same point, with the result that objects are indistinct and eyesight is impaired.

Myopia, Hyperopia and Astigmatism can be remedied by properly fitted eyeglasses.

The danger signals of eye disturbance are frowning, watery eyes, fatigue after continued use of eyes, blurred vision, soreness or redness of eyelids, puffiness of eyelids or under eyes, drooping of lid, mild or severe headaches and aching of eyes.

In every case of failing eyesight, inflammation of, or injury to the eyes, if pain or discomfort continues, an expert in eye diseases should be consulted early and treatment conscientiously followed.

NONPAREIL OPEN SESSION

The "open session" of the Nonpareil Literary Society was dated for last Friday evening and the girls gave a good account of themselves, from versions that have reached us. We know of no better way to report the affair than by reproducing the program, and adding that the Nonpareils and their advisor, Miss White, have every reason to feel satisfied with their efforts of Friday evening. The program follows:

Welcome Address	- - - - -	Cleo Plasteur
Opening Song	- - - - -	Society
Reporter's Notes	- - - - -	N. L. S. Reporter
Song Moonlight on the Danube	- - - - -	Octette
Talkies	- - - - -	Group of Girls
Duet	- - - - -	Kattie and Serine
Literary Review	- - - - -	Cleo Plasteur
Solo	- - - - -	Grace Peterson

DEBATE

Resolved:	That the Volstead Act is Successful
Affirmative	Negative
Susie Grounds	- - - - - E. Coddling
Vina Smith	- - - - - Hazel Wiel
Music	- - - - - By the Hong Kongs
Recessional	- - - - - Hong Kongs

CHAMBER MUSIC

After missing a couple of weeks owing to illness in the party, the string quartet resumed their regular "chamber music" concert series last Monday evening. Members of our eighth grade constituted the audience, together with Supt. and Mrs. Lipps; Mr. Mack Lipps of Lapwai, Idaho, Mrs. A. G. Wilson and son Verne, Mrs. Francisco, and probably others whose names we did not learn. Next Monday evening the program will be given for our seventh grade pupils and then another series will be started, beginning with our seniors. A Schubert quartet has been the main offering of the present series; it is not yet determined whether Mozart of Haydn will be the big name on the next program.

St. Patrick was a man beloved
Who cured all Irish aches;
To prove himself a friend indeed,
He banished toads and snakes.