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MONDAY, SEPTEMBER 10, 1900.

NATIONAL DEMOCRATIC TICKET

FOR PRESIDENT.

William J. Bryan.
OF NEBRASKA.

FOR VICE PRESIDENT.

Adlai E. Stevenson.
OF ILLINOIS.

FOR PRESIDENTIAL ELECTORS.

W. M. PIERCE, of Umatilla.
DELL STUART, of Multnomah.
J. WHITTAKER, of Benton.
E. KRONER, of Multnomah.

It is said he who is not vain falls far short of being a human being, while he who does not suppress his vanity goes a long way toward being a fool.

Lord Roberts issued a proclamation on the Fourth of July annexing the Transvaal to England. He would like to make another annexing the Boer general DeWet to England.

Dave Hill says he will support Bryan with all his heart and soul. No one would doubt him for a moment if he had not opposed the election of the democratic candidate in 1896. The world is not quick to forgive a quitter.

It would seem that the powers are playing a game, with China as the stakes, and as the play proceeds each participant will become more reckless. General Miles may be right. The trouble in China is not yet over. There may even be war between the powers. Already each one of them is beginning to suspect the other.

There is going to be a great show in Pendleton for five days this month. It is quite creditable to the enterprise of Pendleton to bring here for its fair and carnival the same attractions as were engaged at Portland with 90,000 population. Pendleton is little, having only 5000 population but, oh, my! But it is this spirit to be up and doing that makes towns and broadens its people. God helps only those who help themselves.

Theodore Roosevelt was not received with any warmth by the labor forces in Chicago on labor day. Once or twice during the day his appearance was followed by hisses and with wild demonstrations in favor of Bryan. The reason for his treatment, it is said, in 1894, during the labor troubles in Chicago, Roosevelt made a speech there, in which he used these words: "Any man who engages in a strike or any man who goes where a strike is on should be shot." They are certainly quite "strenuous!"

Next week Maine will hold a state election, and a second test vote will be submitted for the study of politicians. It is likely to be much more interesting than that in Vermont, for Maine is not so steadfast as her sister state. It will be remembered that in 1880, when Garfield was candidate for the presidency, the people of Maine in their state election actually gave the democratic a plurality. That was about the biggest scare in the history of American politics. It roused the republican leaders and set them to work with a vim to make up for lost time. The work was so effective that Garfield carried Maine and the rest of the country as well. If, in the election in Maine, there is a decrease in the republican vote and a corresponding increase in the democratic vote, as occurred in Vermont last week, the tribe of Hanna will be spurred to increased effort by work and the expenditure of money to wrest victory from impending defeat. But it would be surprising if Maine gave these hosts a big scare this year.

The press of Kansas proclaimed to an inquisitive world that their state, which is always great in production, had brought forth a feathered dog. But now they are greatly mortified over the discovery that the dog is a howling fraud. The story is a simple one. It appears that for months past a native has been going about the state exhibiting a creature that had the form and the bark of a dog, but which was covered not with hair as a dog should be, but with feathers. The people were pleased, but an enterprising reporter seized an opportunity to pluck several feathers from the animal and he noted that it did not vibrate. Thereupon the reporter declared the thing to be a humbug. An investigation took place and the discovery was

made that the dog had been completely covered from nose to tail with a tight-fitting coat of cotton flannel on which pigeon feathers had been sewn so close as to seem like a natural growth. When the fraud was exposed the owner of the dog fled from Kansas and is said to be headed westward. It would appear that Kansas has more reason to be proud of her resourceful and ingenious men than of her animal freaks. For producing freaks man has outdone nature in all ages.

HOW TO CARE FOR THE EYES.

All that appears in this column, in this paper, all that is written or printed anywhere, would be of little use to one who could not see. Through the eye the printed thought, or idea, or fancy, appeals to the mind. How important it is, therefore, that those who can now see and read should take the greatest care of their eyes, the longer to enjoy all the good things which through them become mental treasures. Advice about taking care of the eyes is always timely, and not often it is presented in a better way than in the current Cosmopolitan, where Dr. H. O. Reik, instructor in ophthalmology and otology at Johns Hopkins University, speaks of the organ of vision in readily understood terms and tells how its strength may be best maintained and its defects corrected. His description of the human eye, after comparing it with the camera of the photographer, gives a clear idea of the different parts which have their play in the producing and recording of visual impressions. He shows how the most common defects are caused and why the eyes so often grow tired even when put to ordinary use.

In all these errors of refraction, or imperfect vision, there is imperfect focusing of objects on the retina, and in order to secure that perfect focusing which is essential to distinct vision, the delicate muscles of the eye are kept under more or less constant strain, and, considering their small size, it is surprising they should be able to perform their enormous tasks with such comparative ease. To relieve this trying strain on the muscles man's inventiveness has been put to the test and it has evolved the lens of the spectacles or eye glasses. With this a proper condition of focusing is brought about, the eye is relaxed, and the strain of the eye is prolonged. And here Dr. Reik gives his first piece of advice. He warns against a supposition that the adjustment of correcting glasses is purely a mathematical problem. The human eye is not a mathematical optical instrument, and cannot be treated as such. The selection and prescribing of the correct glasses is just as much the practicing of the art of medicine as is the choosing and prescribing of drops for an inflamed eye; not infrequently in its far-reaching effects it is more important. The business of the optician is to make glasses, that of the oculist to select them according to the needs of the individual.

Some people, Dr. Reik observes, object strenuously to the wearing of spectacles, especially by children. In the first place, if they once begin to wear them they may never be able to get along without them. To this fear he says: "To fight against the assistance which art may supply in this direction is as absurd as to refuse to eat when hungry or to sit when tired." The need for special care of the eyes begins at a very early period of life. It is the duty both of the doctor and of the nurse to watch the baby's eyes carefully during the first week of life, as one of the worst diseases to which the eye is liable is prone to make its appearance about the second or third day, and, unless very prompt medical attention is secured, may result in blindness. The vast majority of the blind in our public institutions can trace their loss of vision to such a source. This disease manifests itself by redness of the lids, perhaps with some swelling and a profuse secretion of pus. It is amenable to proper treatment if it is instituted promptly, but delay is extremely dangerous, even a few hours sufficing to impair the vision seriously. During infancy the child should be guarded against glaring lights in the house or direct sunlight out of doors, and the growing youth should be encouraged to take part in outdoor amusement rather than devote too much time to books and small toys. Coming to the period of school days, Dr. Reik says: "We frequently meet with children who have been severely punished both at home and at school because of a pronounced dislike of study or an apparent dullness in school work, with inability to keep up with their classes, when investigation shows that the children are in no way to blame, but are laboring under a handicap in the form of defective vision." And he offers the following suggestions, which should be borne in mind by those who build schoolrooms or have them in charge:

(a) Sufficient light, properly admitted to the schoolroom, should be regarded as a fundamental requirement in schoolhouse architecture. The light should be admitted from the left side of the pupils, and the ratio of window surface to floor surface should never fall below one to five, and this should be exceeded in many localities, on the north side of buildings and on the ground floors. (b) The desks and seats should be of such a pattern as will permit independent adjustment as to height and size to meet the requirements of individual pupils and to in-

sure upright sitting. (c) Instruction should be imparted as far as possible by means of blackboards, wall maps, charts, and orally, instead of by work at a near point as with pencil and paper or slate. Where the work must be done at a near point, a pen and black ink should be used instead of a lead pencil or slate and pencil. (d) The work required to be done at home should be in a large measure abandoned, or at least largely reduced. (e) A more elastic curriculum of study is desirable for pupils with weak eyes or feeble health, which will permit the lengthening of the school life and at the same time admit of steady promotion. (f) Great care should be exercised in the selection of properly printed text-books. Only good paper, and type no smaller than eight point, or preferably ten point, are admissible in schoolbooks, and these should be bold-faced and well spaced, on a double-column page. For the former a distance of two millimeters between the lines, and for the latter a distance of two and one-half millimeters should be required. (g) In writing, the central position of the paper should be maintained, but in properly lighted rooms, with suitably arranged seating, the kind of script, vertical or slanting, will depend upon a vertical or inclined position of the paper, and may be safely left to natural selection. Some of these suggestions are equally adaptable to the home life or office work of the adult.

In every case the most desirable source of light is from above, behind and to the left of the body, and it should thoroughly illumine the work without shining or casting reflections in the eyes. * * * For artificial light Dr. Reik gives the incandescent electric bulb first place. Next to this he places the incandescent mantle, now used with gas burners, as it greatly improves gas light makes it steadier and whiter, nearer like daylight. Where electricity and gas cannot be had the well-known "student" lamp gives the best light for reading and fine work. He advises against reading while lying down, for the reason that the strain upon the eye muscles is increased, and it is difficult to secure good and steady light upon the printed pages. The excessive use of alcoholic stimulant and tobacco affects the eye, as it may every other organ of the body. Dr. Reik says it should be borne in mind that what is excessive for one is not for another, and adds: "For some people tobacco is a poison and produces a lesion of the nerve of the eye with resulting blindness, and since no one can determine who will be one of these susceptible individuals, the safe course will be to use it only in moderation, or, better still, not at all." It is a fact that the use of tobacco will admit that even a moderate use of the weed is irritating to the eyes, and it does seem that no amount of solace from smoking could compensate for impairment of vision.



Going to bed to tumble and toss and dream; to pursue in vain the phantom sleep through long weary hours and rise to a new day unrested and unrefreshed. That is the way with many a woman, who is tormented by the aches and pains resulting from female weakness, and other diseases of the delicate organs of woman. Dr. Pierce's Favorite Prescription was made to cure just such cases and it does what it was made for. It heals ulceration and inflammation, dries debilitating drains, cures female weakness, strengthens the body, soothes the nerves and enriches the blood. It gives lasting strength for the day and sound sleep for the night.

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