FOREST GROVE PRESS, FOREST GROVE, OREGON, THURSDAY, JUNE 12, 1913.



EVILS OF EYE STRAIN.

Some of Them Are Headaches, Dizzlness and Indigestion.

When a child begins to screw up its eyes to elevate and depress its eyebrows, to wrinkle its forehead, to blink, to push forward its head when looking at things, then suspect eye Among the many troubles strain. caused by eye strain are headaches, dizziness, indigestion and so called billous attacks.

Eye strain is really a weariness of the many nerves that supply the small muscles of the eyes. If there be any abnormal optical conditions, such as errors of refraction, found in myopia, or shortsightedness and hyperopia, or long sightedness, imperfect balance of the ocular muscles and astigmatism or asymmetrical curvature of the cornea, these muscles, try their best to correct the trouble, but soon tire of the effort and give it up, when the blurred images of irregular diffusion are left to irritate the retina. As one-fourth of all the cranial nerves are devoted to the eyes one can scarcely wonder that headaches are the result of eye strain. That backwardness in school work is often due to eye strain is well known to up to date educators.

It is claimed by some medical men that the majority of children who are rated as mentally defective are not suffering from weakness of intellect, but from defective sight, that can be cured by glasses .- New York World.

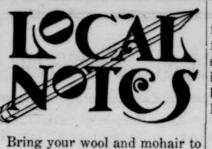
THE PLAIN OF MARATHON.

Modern Aspect of the Famous Old Greek Battlefield. Greece, though sparsely inhabited, is in the main a very cheerful looking country. The loneliness of much of it is not depressing, the bareness of much of it is not sad. I began to understand this on the day when I went to the plain of Marathon, which fortunately lies away from railroads. One must go there by carriage or motor or on horseback. The road is bad both for beasts and machinery, but it passes through country which is typical of Greece and through which it would be

foolish to go in haste. Go quietly to Marathon, spend two hours there, or more, and when you return in the evening to Athens you will have tasted a new joy. You will have lived for a little while in an exquisite pastoral-a pastoral through which, it is true, no pipes of Pan have fluted to you; I heard little music in Greecebut which has been full of that lightness, brightness, simplicity and delicacy peculiar to Greece. The soil of the land is light, and, I believe, though Hellenes have told me that in this I am wrong, that the heart of the people is light. Certainly the heart of one traveler was as he made his way to Marathon along a white road thickly powdered with dust.-Robert Hichens in Century Magazine.

A Fiery Speech.

William O'Brien in his "Recollections" gives this picture of Timothy Healy's first appearance in parliament: "A quarter of an hour after he took his seat as member for Wexford he started up to make his maiden speech -tiny of frame, sardonic of visage, his



A. G. Hoffman and Company for highest cash price. 18tf

Archie Markee, a former Forest Grove boy, who has been in attendance at the University of M California the past year, has been sent here as an operator at the Southern Pacific depot, during the absence of Mr. Morgan at Philomath because of sickness in his family. —McMinnville News Reporter.
Visit us in our new quarters and inspect our establishment. You will wish to eat here. All the delicacies of the season, fish, flesh and fowl. Forest Grove

flesh and fowl. Forest Grove Restaurant and Oyster House. Near Star Theatre. 31tf

Ottice Shearer, Will Adler and Louie Tumbleson were delegates from the local Maccabee lodge to the inter-state convention of the Maccabee order held in Portland, this week. One of the best times ever, is reported by the

boys. Take the kids to the mery-goround, now running every evening. Also Saturday afternoon. Will be here for a week or ten days. Located on First Avenue,

between First and Second streets. Five cents a ride. 32t1

Lad Runs Needle In Foot. Robert Illidge, the 14 year old

son of Mr. and Mrs. C. E. Illidge of this city. met with a quite and Oyster House is now located painful accident, last week. The in its new quarters on Pacific young lad was preparing to re- Avenue near the Star Theatre. tire for the night, and while The finest of meals served in a walking over the floor in his bare way that will make you want to feet, stepped on a needle, which come again, penetrated deeply into the bottom of his left foot. Robert was taken to the office of Dr. Kauffman where the needle was located with the X-Ray and removed by an operation with the surgeon's knife.

Portland, Oregon

Jap-a-Lac is the housewife's friend. Will renovate the oldest furniture, cover the woodwork, stain the floors, and can be used in many other ways. For sale by Paterson's Furniture Store, Forest Grove. 18tf

Call For Painting Bids

Call For Fainting Bids. Forest Grove, Oregon, June 10th, 1913. The School Board will receive sealed bids for the painting of the exterior and calcimining of the interior of the Central and Lincoln schools. Specifications will be furnished on application at the office of the School Clerk. Bids will be receiv-ed until 12 o'clock noon, Saturday, June 28th, 1913. MRS. DOROTHY H. SEYMOUR, Chairman Board of Directors, school District No. 15, Washington County, Forest Grove, Oregon. Attest: R. P. WIRTZ, Clerk of the Board.

Notice of Sale of Bonds.

DOROTHY H. SEYMOUR, Chairman of the Board of Directors, Distric No. 15, Washington County, Forest Grove, Ore By R. P. WIRTZ, Clerk of the Board.

Notice of Warrant Sale.

Sealed bids will be received by the undersigned up to and including 12 o'clock noon, Saturday, June 28th, 1913, for \$1000 in warrants of School District No. 15, Washington County, Oregon, Warrants to be dated June 28th, 1913, payable in three years and bearing in-terest at the rate of 6 per cent per annum, interest payable semi-annually. No bids will be received for less than \$50.00. The Board reserves the wich to research any and all bids.

Chairman Board of Directors, School District No. 15, Washington County, Forest Grove, Ore-

Attest: R. P. WIRTZ, Clerk of Board.

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Wood Wanted.

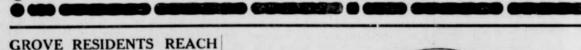
Sealed bids will be received at the office of School Clerk until June 16, 1913, for wood to be delivered at the Public School buildings the coming summer as follows: 50 cords oak; 150 cords fir. Bids on fir will be received for old fir and second growth fir. Bids for all or part of above received. Right reserved to reject any or all bids.

R. P. WIRTZ, Clerk School District No. 15, Forest Grove, Oregon.

The Forest Grove Restaurant 31tf

ACRE TRACTS in Sun Set Addition to Forest Grove to be sold on terms. W. W. Ireland, Hoffman Building

LOW ROUND-TRIP FARES



PHONE 631

HAWAIIAN ISLANDS.

Mrs. Herbert Glaisyer and daughter, Miss Violet, who left this city May tenth, for the Hawaiian Islands, writes friends in this city that they arrived safely after a most pleasant ocean voyage. They sailed from Vancouver, B. C., May 14, and arrived at Uncle Sam's Island possessions May 21. The sea was like glass, smoothe and unruffled by any gale, and the ladies enjoyed greatly the journey over the water. They are now at Kauai, known as the Garden Island, and are visiting at the home of Mrs. Glaisyer's son, Dr. A. R. Glaisyer, who has been located in the Islands several years and having an extensive practice.

Mrs. Glaisyer and Violet expect to be gone for a year, and will be joined this fall by Mr. Glaisyer.

TILLAMOOK DAIRYMAN **BUYS COWS HERE.**

in this city last week, and Maldwyn Evans was the big sobought a number of fine Jersey which toured the United States cows to add to his dairy herd. last year. Pauline Miller Chap-He bought five cows from T. J. eron has not sung here this year Ott; three from L. M. Sparks, and will give the three big numand three from W. D. Quick, bers for which she is engaged by paying \$90 per head for them, the combined choruses for the These were some of the finest armory at Spokane, June 21 and cows in Washington county. Mr. 22. As soloist., Nay Van Dyke, Beals shipped the milk produc- a splendid Eastern Pianist with ers to Tillamook county over the Frank Thomas Chapman, violin, P. R. & N. railroad. He has harp and voice will give a beautirecently bought a fine farm in ful quartet. The concert will be-Tillamook county, and expects to gin Wednesday evening, June keep a dairy herd of one hun- 18th in Marsh Hall and at 8 p. dred cows.



New Pastor of Christian Church.

Commencement Concerf.

The commencement concer promises the finest array of talent of any concert this year. Carmel Sullivan is a famous harpist and player with the Sym-F. R. Beals, of Tillamook, was phony orchestra in Portland. m. sharp.

Ed Boos has removed his Restaurant to new quarters just east of the Star Theatre, on Pacific Avenue. 31tf

Ed Boos has removed his Restaurant to new and commodious quarters, just east of the Star Theatre, on Pacific Avenue. 31tf

READING.

If any person given to reading were honestly to keep a register of all the printed stuff that he or she consumes in a year-all the idle tales of which the very names and the story are forgotten in a week, the bookmakers' prattle about nothing at so much a sheet, the fugitive trifling about silly things and empty people, the memoirs of the unmemorable and lives of those who never really lived at all-of what a mountain of rubbish would it be the catalogue.-Frederic Harri-

hands in his breeches pockets, as coolly insolent as a Parisian gamin, as entirely detestable as a small Diogenes, peering over the rims of his pincenez as from his tub, through bilious eyes over his contemptible audience-and horrified the house of commons with the following exordium: 'Mr. Speaker, if the noble marquis (Hartington) thinks he is going to bully us with his bigh and mighty Cavendish ways, all I can tell him is he will find himself knocked into a cocked hat in a jiffy, and we will have to put him to the necessity of wiping the blood of all the Cavendishes from his noble nose a good many times before he disposes f us.' '

Ways of the Japanese.

The thick straw mats are the only furniture needed in a Japanese house. They are three by six feet in size and take the place of tables, beds and chairs. The house is never heated. In winter the people put on thick, wadded kimonos, sit on their feet and hold their hands over a little charcoal brazier. For recreation they go out to the family burying ground to worship the spirits of their ancestors or to a shrine to see the cherry blossoms. If earthquakes, which are as common there as thunderstorms here, shake down the little houses or they are swept away by the fires that a proverb says sweep Tokyo every seven years the little brown folks only smile and murmur "Shikata ga nai" (There is no help for lt) .- New York Sun.

They Didn't Like Razors.

Said Daniel Webster: "- the razor! It has taught me to curse. It has cost me more time and more trouble than all my speeches."

Rufus Choate, the lawyer, called the razor an instrument invented by Lucifer to fill up hell with barristers. Edward Everett never used profane language, but before shaving he would invariably give vent to all sorts of French barbarisms.

The Retort.

Here is a retort which a "dull student" once made: Professor-You seem to be very dull. When Alexander the Great was your age he had already conquered the world. Student-Well, you see, he had Aristotle for a teacher. -Chambers' Journal.

Missed Vocation.

Client-Didn't you make a mistake in going into law instead of the army? Lawyer-Why? Client-By the way you charge there would be little left of the enemy .- London Tit-Bits.

An ad in the Press brings Result



Forest Grove, Ore.



W. K. Newell Geo. Mizner . T. W. Sain John Templeton Geo. G. Hancock L. J. Corl Chris Peterson H. G. Goff H. T. Buxton W. H. Hollis E. W. Haines