THE STRAIN ON OUR EYES

The question, "Are our eyes weaker? is frequently asked by people who observe closely and who are dismayed by the remarkably large number of people who wear glasses today as compared with a generation or so ago. Our eyes are not degenerating The eyes of the present generation are in no wise poorer, weaker or inferior to those of our ancestors, notwithstanding the fact that a far greater percentage wear glasess than formerly.

The probabilities are that the eyes of the human race are neither weaker nor stronger today than were those of our forefatheres, unless it can be proved that the whole physique of the race today is weaker or stronger. As is the whole physical body, so are the eyes.

But much more is required of our eyes now that was ever required of our ancestors. The strenuous struggle for existence today, the ever increasing complexity of our modern civilized life, the multiplying knowledge of the world in all lines of human endeavor, knowledge that must be mastered if we would rise and achieve success, put far greater strain on the eyes of this generation than on those that have gone before.

Our schools are far more exacting and severe, the business and scientific world require closer application and more painstaking care than ever before. Electricity has turned night into day, and much more work is now done by artificial illumination than in the past. Sharp competition in every line makes it necessary to have the best vision obtainable.

Because of these exacting demands on our eyes, latent imperfections, errors of refraction, causing eye strain, are brought out and made manifest by symptoms of discomfort and distress, compelling us to seek the improvement of vision and the comfort afforded by properly fitting lenses.—Journal of the American Medical Association.

Pioneer Days

"Tell me of your early educational hardships."

"Well, I lived seven blocks from a Carnegie library and we had no automobile." Louisville Courier-Journal.

PAINS AFTER EATING

WIND IN THE STOMACH—ACIDITY, HEADACHES—CONSTIPATION

ARE SIGNS OF INDIGESTION.

Indigestion—the complete or partial failure of the digestive processes—frequently throws out of gear the whole machinery of the body. You can't enjoy the vigour and vitality of good health unless your stomach, liver and bowels do their work regularly and efficiently.

MOTHER SEIGEL'S SYRUP

As a digestive tonic and stomachic remedy, Mother Seigel's Syrup is esteemed in tens of thousands of homes, wherever the English language is spoken. If you suffer much or little from disorders of the stomach, liver or bowels, try the effect of taking 15 to 30 drops of this famous remedy in water, after meals, for a few days and note its beneficial effects. 4015

ASSISTS DIGESTION

The new 1.00 size contains *three times as much* as the trial size sold at 50c per bottle.

Royal Princess Birthstone Pendant, Birthday Ring, and Gold Filled Wrist Watch

GIVEN FREE

GIRLS, it's the height of fashion now to wear beautiful jewellery with your own birthstone. What month were you born in? Tell us and obtain this exquisite Princess Patricia Birthstone Pendant and Ring, and a fashionable Wrist Watch. This lovely pendant is the very newest design, richly gold finished and embossed, and the beautifully engraved drop will have the proper setting for the month of your birth. Its chain is fully 15 inches long and fastens at the back with a safety clasp. It will delight you and all your friends. The handsome ring to match it is solid gold shell with high claw setting in the newest style. Both contain fine manufactured birth stones as follows:

Jan., Garnet	May, Emerald	Sep., Sapphire
Feb., Amethyst	June, Moonstone	Oct., Opal
Mar., Aquamarine	July, Ruby	Nov., Topaz
Apr., Pearl	Aug., Olivine	Dec., Turquoise

The beautiful bracelet watch comes in two styles—handsome nickel case with neat light grey strap to match or rich gun metal with dark leather strap. It is accurate and reliable and jewellery stores sell similar watches at $5.00 to $10.00 each.

Girls, to get all these grand presents, write to-day and get only 25 bottles of the lovely new Princess Royal Perfume to introduce among your friends at 10c. each. Six delicious colors: French Rose, Carnation, Wood Violet, etc. Everyone wants two or three bottles. They go just like hot cakes. Return our $2.50 when the perfumes are sold and you will promptly receive, all charges paid, the beautiful pendant and ring just as represented, and the handsome watch, too, you can get without selling any more goods by simply showing your grand presents to your friends and getting three of them to sell our goods and earn our fine premiums as you did.

Don't delay, girls. Write to-day. We are sparing no expense to introduce this lovely perfume.

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Bruce Stewart & Co will pay highest market price for Scrap, Brass and Copper.

SUNDAY SCHOOL LESSON

JESUS AT THE POOL OF BETHESDA.

(John 5:1-15.)

Golden Text.—"It was Jesus which had made him whole."—John 5:15.

Verses 1-3. A visit to the Pool of Bethesda in the days of Jesus was very much like a visit to a hospital at the present time. Bethesda means "house of mercy." And the porches of the Pool of Bethesda were a veritable House of Mercy, just as the modern hospital with its wards and private rooms is a House of Mercy. The difference between the ancient and modern Bethesdas are two, i.e., first that the former was crude and unorganized, and the second is ordered and cared for. In ancient Jerusalem the art of medicine was in a crude and rudimentary state of development. Its resources were few and its methods primitive. Modern places where the sick come for relief and healing are scientifically and methodically arranged. Accordingly cases of healing are not haphazard, but matters of adaptation of means to ends. The second difference between the hospital and Bethesda is that the former is the creation of the spirit of compassion infused into the world by Jesus Christ, whereas the former was a self formed community made up by each patient's pressing on or being pressed into the place of healing on his own account. It is because Jesus visited the Pool of Bethesda and healed the paralytic as well as others in other places that the Christian hospital has come into being as an institution.

Verses 4-9. The method of Jesus with the paralytic brought into use new forces and factors. Until the arrival of Jesus the man was following the procedure common at the time and place. Experience had proved that the spring which bubbled up periodically at the Pool after the winter rains had curative properties. Many had been healed by it of their diseases. It seemed, therefore, that in order to be healed, one must take advantage of the periodic inflow of medicinal water. This was the ordinary, familiar and natural course to be pursued. But from this course Jesus departed radically. Instead of helping the man into the water or using the water in any way whatever, he worked on the mind and will of the patient. He first engaged his attention by asking him the question, "Will thou be made whole?" The man's hope was at the same time aroused. Perhaps he thought Jesus might help him into the Pool at the proper moment. Jesus had something more effective and comparatively easier for him. He set his will to work by a direct command. The man undertook what a moment earlier must have appeared utterly impossible. The very effort seemed to be the means of his restoration to vigor. Instances of the use of mental control are given in the "Mental Science" or Psychotherapy literature, so abundant at the present day. Whether they are perfectly analogous to this case is not material. The essential point in the treatment of the man by Jesus is that he roused his faith and gave it control over his whole being.

The miraculous element in the case great and noteworthy as it is, sinks into comparative insignificance in the face of the stupendous spiritual lesson conveyed by it. It shows chiefly that when there is duty to be performed there is given also power to perform it. Augustine prayed: "Give what thou wouldst command, and command what thou wilt." This prayer appeared irreverent to Pelagius, and thence arose the great theological controversy of the ages on the subject of sin and grace. But Augustine's prayer was based on the essence of reverence, the recognition of the fact that when God commands he has already given the power to perform his commands. It is only left to the creature to exercise his free will in obeying the divine voice.

The case further shows that in the very act of obeying the supreme voice the soul first discovered that it has power and the use of it. The paralytic found the very moment he attempted to do what Jesus told him that he was already healed. And by using this new power he established his confidence in the soundness of his body and further added to his strength. So clearly do these spiritual teachings stand out in the desire of many interpreters to look upon it rather as a parable than as an actul occurrence.

Verses 10-15. The miracle of the healing of the paralytic should have convinced the minds of all witnesses that there was power at the command of the Healer. It should also have impressed them that that power was at the service of a morally sound and good will. It had been exercised out of compassion. But some minds are so constituted as to miss the essential goodness of an act while endeavoring to measure and test it by their petty rules of life. The Jews were offended because the man was carrying away the mat on which he had lain as an invalid on the Sabbath Day. The act was contrary to one of the numerous prescriptions that defined obedience to the Fourth Commandment. Their thought of the sacredness of the prescription (not the Commandment itself was so all absorbing that the marvel of power of love for which the man stood before them was completely eclipsed.

The answer of the man who was healed showed how this sort of spiritual obtuseness should be met. "He that made me whole, the same said unto me, take up thy bed, and walk." He who has the power and love to use in such a way as Jesus had done shows himself thereby to be above challenge with reference to such a matter of the method of observing the Fourth Commandment. "The Son of Man is Lord even of the Sabbath."

The climax of the self revelation of Jesus as the saviour of the soul was reached when to the marvel of his healing power over the body and the wonder of his compassion he added the word of admonition to the healed man to go "and sin no more, lest a worse thing should befall" him. Power without a good moral end to consecrate its use is not an evidence of divinity. Even compassion is common to men, but power and compassion aiming to obliterate sin betoken the presence of God himself.

AMONG THE HORSES

(Continued on page nine.)

last week, and Bernice R., 2.07¼, become the mother of a bay colt the same day, while Gazelle McKinney foaled a brown filly on January 24. All of the youngsters are by The Harvester 2.01.

* * *

Mr. Robt. Fitzimmons, The grand old man of the New London speedway was is evidence on a pneumatic sulky with the fast three year old Queen Alice at New Londos on last race day —K.

* * *

Bobby Morrison, Summerside, drove of New London Races on Wednesday with "Premier"— who is sure some roadster. Bobby says Premier has a "barrel" of speed and will negotiate a mile next summer with the best of the bunch.—K.

* * *

In the latter part of November, 1904, Mr. C. K. G. Billings, who planned to spend two years in Europe, offered for sale in Madison Square Garden his "entire matinee stable, with the exception of Lou Dillon and Major Delmar." Men of prominence gathered in front of the auction stand and bid eagerly for what was deamed the best of the collection. Morning Star, bay gelding, seven years old, with a pacing record of 2.04¾, by Star Pointer, 1.59¼, dam, Bessie Egthorne, 2.27½, by Egthorne, 2.12¾, was the first horse offered, and Mr. Anthony N. Brady bought him for $10,500. This was regarded as a good price for a pacing gelding. Mr. Brady, who was a driver of trotters on the road is dead, and his son has given his attention to high steppers in the show ring. The catalogue of the sale shows that W. Bradford paid $2,000 for Prince Direct, a black horse of 15 hands with a pacing record of 2.07, and that J. H. Cuthill bought Prince of Orange, a brown gelding with a trotting record of 2.06½, by Prince of India, 2.13¼, for $6,000. Equity, a black gelding with a trotting record of 2.12¼, by Heir-at-Law, dam, Mother Hubbard, by Almonarch, went to D. Maloney for $1,750, and The Monk, 2.05¾, representing the highest type of the American trotter, was purchased by F. G. Hartwell for $2,000. The Monk was bred at Village Farm by C. J. Hamlin, and as a four-year-old gelding he trotted in a race to a record of 2.08½, and in his last race to sulky he beat a field of crack trotters in 2.05¾, 2.06¼. He was by Chimes, dam, Goldfinch, by Mambrino King; second dam, Black Golddust, by Hamlin Patchen. This was a combination of bloodlines of which the master of Village Farm was justly proud, and Mr. Billings thought as much of the gelding as Mr. Hamlin did. The Monk represented a golden age of breeding and racing. For Alexander, 09¼, bay gelding, 16 hands, Miss Katherine L. Wilkes paid $5,800 for campaign purposes; C. A. Bedford bought The Quester, 2.11¼, by Mambrino King, for $1,650; Angus Pointer, pacing record, 2.04½, went to E. A. Sunderlin for $7,500; Babe Allerton, matinee wagon record to pole, 2.09¼, was knocked down to the bid of J. A. Bailey of $3,100. In all, sixteen of the Billings horses passed under the hammer for gratifying sums, and the outlook for matinee horses was decidedly rosy. To-day the situation is not so bright, and yet the expectation is that the coming sale of the Billings horses will attract all the friends of the owner of Uhlan, 1.58.

JOE PATCHEN DIED ON MONDAY

GOSHEN, N. Y., Feb. 20.—Joe Patchen, 2.01¼, the great pacer and sire of the world's champion Dan Patch, 1.56, and many other noted horses, died yesterday here. The horse had a career on the turf that was one of the most remarkable in the annals of harness racing.

BILLINGS' LIST OF FAMOUS TROTTERS.

C. K. G. Billings has owned at one time or another the following 2.10 trotters; Uhlan 1.58; Lou Dillon 1.58½; Major Delmar 1.59¾; The Harvester 2.01; Margaret Druien 2.03; George G., 2.05¼; The Monk 2.05¾; Lewis Forrest 2.06¼; W. J. Lewis 2.06¼; McCloskey 2.06¼; Nancy Royce 2.06¼; Prince of Orange 2.06½ Lucile 2.07; Bernice R., 2.07¼; Tempus Fugit 2.07¼; Zarine 2.07¼; Fleming Boy 2.07½; Charley Mac 2.07¼; Turley 2.07¾; Berta Mac 2.08; The Lark 2.08¾; Santos Maid 2.08¾; Expressive Lou 2.08¼; Lucille Marlow 2.09¼; Ida Highwood 2.09¼; Clarita W., 2.09¾; Battleton 2.09¾; Alexander 2.09½; Captor 2.09¾; Louise Jefferson 2.10 and Doc Book 2.10.

HOOF PRINTS.

A wonderful sale.

The new 2.10 trotters of the year total 85.

How those infant trotters did sell.

Will Snow is wintering at Hornell.

Guy Axworthy 2.08¾, got a Walnut Hall Farm.

Art Martin is to have Judge Ormonde 2.01½.

Peter Volo 2.02, is maturing into a grand type.

Wampatuck 2.07¼, is now owned by Lon MacDonald.

Peter Scott, 2.05, is going to Kentucky next spring.

There are 55 trotters with records of 2.05 or faster.

The Detrot track is closed to trainers this winter.

POULTRY

WATER—AN IMPORTANT FACTOR

The importance of water as a factor in egg production is not sufficiently realized by the majority of the poultry keepers. Those who realize its importance are the ones who are most successful. In a recent report of the Laying Contest held in Missouri, Mr. C. T. Patterson, the Director, gives the results of some investigations along these lines and also makes some interesting deductions:—

"A number of pens which had been furnished water at all times were given water only once each day, all they would drink, then the water removed. The results were that the egg yield was reduced 50 per cent. The reduction was the same in the different varieties.

A pen of sixty White Leghorns composed of old and young, consumed 2½ gallons of water daily during the warm weather. This would indicate that the average farm flock of 100 to 120 birds should be furnished at least five gallons of water per day. Laying hens frequently consume 8 ounces of water daily. This means one gallon daily to sixteen hens.

From the hen's viewpoint, water is worth just as much as feed, for she can't make an egg with either one alone. Therefore, the man that furnishes high priced feed but neglects the water supply, is making a great mistake and will have to be content with a limited egg yield.

At present prices, and weather conditions, hens consume about 6 gallons of water to each $1 of feed, therefore, if the feed is worth $1 to the hen, the water is also worth $1.

THE DUST BATH.

It is absolutely necessary to the greatest success of a flock that are different methods of individual treatment that are successful.

Possibly the best of these is the application of "blue ointment." This is used by taking a small piece about the size of a half a pea and rubbing it below the vent and underneath the wings. Insect powders, pyrenthrum, flowers and sulphurs, or some of the be conveniently used nothing is the used successfully, but where it can equal of a good dust bath. For this purpose fine loam may be used or a mixture of loam and sifted coal ashes is excellent. Place the dust bath in a part of the house where the sun will shine on it, and see how the fowl will enjoy using it on bright days this winter.

GEORGE ROBERTSON.
Central Experimental Farm.

DAIRY

Influence of Feed on Quantity and Quality of Milk

From time to time we have correspondents writing in and asking us if there is any way of increasing the percentage of butter-fat in the milk. Numerous experiments have shown that no method of feeding will increase the percentage of butter-fat in milk. The only way to do so is to get the cow fat and then to practically starve her. She will then take the fat off her own body and put it into the milk and increase the percentage of fat. Often when cows are about to undergo a short test they are fattened up, and then when the tes is on practically starved. This increases the percentage of butter-fat in the milk for a short time but, of course, does not do so permanently. If this practice is persisted in the cow will get very thin and emaciated and become weakened in constitution.

The quantity of milk that a cow will give can be increased by proper feeding. Within limits, the more succulent feed a cow is given the more milk she will give. Experiments have shown that cows that are only fed dry roughage will not give as much milk by about three pounds per day as cows that are getting a proper amount of succulent feed.—Country Gentleman.

TURF

THE TURF.

Hartford hangs up $5,000 for the fast record trotters.

Jack McDonough, a member of the Cleveland training colony, is dead.

The half-minute track star Adioo Guy, 2.05¼, will be seen on the "Raging Grand."

Single G., 2.00, is now a member of Fred Jamieson's stable at Arden, Penn.

Gossip has it that Ernest H. Mugridge of Manchester, N. H., has bought Possibility, 2.02¾.

Sanford Small is sending Worthy Prince, 2.06¾, and Billy Dale, 2.03¼, to the New York sale.

The Youngstown, Ohio, turfman, David Todd, who lately paid $15,000 for W. J. Leyburn, will shortly send his stable to Memphis.

The yearling brother to The Real Lady, 2.04¼, Walnut Hall Farm sends to the Winter sale has been registered under the name of Ferneroll.

Ingara, a trotter who is winning often on the ice, is a son of Bingara and Emily, 2.11. He was bred by Arnold Lawson.

William, 1.58, will be a welcome addition to the free-for-all field. The sale of the Billings horses will likely make him an eligible again.

The ice races at Mt. Clemen's Mich., last week were so successful that another meeting is talked of before long. Battle King and Peter Piper, well known Bay State Short Ship Circuit pacers, were double winners last week.

Henry B. Sire, who died recently in New York, was prominent 30 years ago as one of the owners of Harry Wilkes, 2.13½, then the champion free-for-all trotter of the Grand Circuit. The Sire Brothers also owned the noted pacer Gossip Jr., 2.13¼,

IT is hard to break the chains of habit. It took one man six months to stop saying "Gee Whiz."

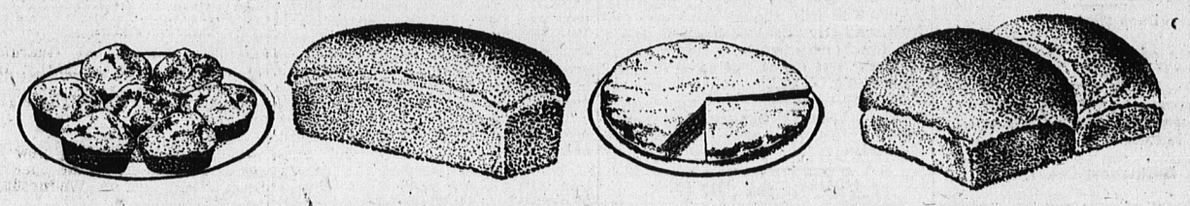
It is astonishing how habit will keep a person asking for "the same as usual" tea long after she has intended to try Red Rose Tea. Why let habit prevent you enjoying this richly flavored Indian-Ceylon blend?

Order a Sealed Package To-day

No Time for a Loaf

Some time ago, when a local corps was reviewed by Sir Ian Hamilton, one officer was mounted on a horse that had previously distinguished itself in a bakery business. Somebody recognized the horse, and shouted, "Baker!" The horse promptly stopped dead, and nothing could urge it on.

The situation was getting painful when the officer was struck with a brilliant idea, and remarked, "Not today, thank you." The procession then moved on.—Weekly Telegraph.



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QUEEN CITY FLOUR

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Let Our Domestic Science Experts Help You

It is the mysterious little points that are not mentioned in the recipes that so often spoil the cake and cause discouragement in baking. Many a fine recipe is thus condemned when a letter to our Domestic Science Department would have meant the discovery of some trifling fault. For instance, just recall your last apple pie. Were the apples done to a "turn," the crust flaky and of the delightful shade of brown denoting the perfect pie?

Do you know how to determine the correct temperature of the oven when you make cookies, or are yours liable to turn out hard, or else run all over the pan, all without apparent cause? Does your bread rise properly? Whether you use our flour or not, we cordially invite you to write us and we will promptly help you to solve the problem. Give your dealer's name and mention what flour you are using. Write to-day. Address Domestic Science Department, Campbell Flour Mills Co., Limited, Toronto.

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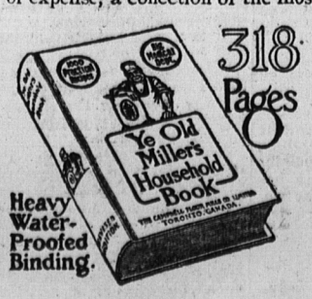

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