

SAFEGUARD THE EYES IS URGED BY BUREAU

State Educational Department Discusses Use of Glasses by Increasing Numbers.

"Seems to me over half the people nowadays wear glasses," remarked an observant citizen the other day. "Are eyes growing worse, I wonder, or are the people just learning what great aids glasses can be?"

"Both," was the reply of his physician friend with whom he was talking. "Modern living conditions cause the eyes considerable more strain than, say, fifty years ago. And the importance of correcting defective vision is something that is even yet not fully realized. Half the people you see wear glasses, you observe, yet there are many going about viewing their surroundings through eyes that give them only a partial picture of what they see."

The eye is not a lifeless optical instrument, but a delicate organ, in intimate contact with the brain and nervous system. It is not surprising therefore, that eye disturbances should so frequently cause general ill health.

Apart from the actual diseases of the eyes, eye strain may arise from the following conditions: abuse of normal eyes; faulty action of the eyeball; faulty shape or impaired condition of the lens. Some of these conditions may be present at birth while others may develop with advancing years.

Abuse of the Eyes
Faulty reading or working habits leading to eye strain are as follows:

1. Insufficient illumination; reading or working in a dim or flickering light, especially by twilight.
2. Excessive illumination; reading

or working in the direct glare of the sun, or by close, direct, brilliant electric or lamp light.

3. Faulty position while reading, writing or working; facing the light or back to the light; reading in a hunched, strained position, while lying down or in bed. Reading on trains or in motor cars or while walking.
4. Prolonged use of the eyes, especially in needlework, or in reading fine print.

Such conditions as these may cause eye strain in normal eyes, the degree of strain depending on the vigor and resistance of the individual.

Preventive Measures
Some preventive measures are as follows:

1. Never read in a dim or flickering light, but secure sufficient illumination to make the act of reading comfortable and free from strain.
2. Avoid a close, brilliant, direct light on the page when reading or writing; an indirect, soft, uniform, diffused light is preferable. Ground-glass shades over electric lights or lamps are advisable, and if it is possible to have the light reflected from the ceiling this is better.

Naked incandescent lights are trying to the eyes, whether one is reading or not. During periods of unusual exposure to the glare of the sun, as at the seashore, colored glasses may be worn occasionally but should not be worn continuously. They should be of a good quality and non-reflecting. Light amber is the best color.

3. When working or writing the light should preferably be directed over the left shoulder, that is, for right-handed people, thus avoiding shadows. When reading the light may be directed from above or behind. Reading in bed is not harmful if one sits erect and avoids strain-

ing the neck and eye muscles. When reading, the page should be about fourteen inches from the eyes.

4. Prolonged, continuous use of the eyes should be avoided. An occasional slight rest, or change of occupation even for a few minutes, will often prevent eye strain.

Strain From Defective Vision

Few eyes are optically perfect, and the degree of eye strain from a visual defect will depend to a considerable extent, upon the nervous resistance and physical condition of the individual. Some people accept a moderate visual defect and make no effort to correct it, in which case no strain occurs. Some correct the defect by muscular effort, but sustain no strain. Others suffer strain by an unconscious effort to correct a very slight defect.

The possible symptoms of eye strain cover almost the whole range of physical distress, ranging from a simple feeling of the eye fatigue and headache or vertigo, severe headaches, and even neurasthenia.

The following are the principal symptoms:

Pain around the eyes, or headache increased by the use of the eyes, especially for close work; fatigue and discomfort upon use of the eyes for close work, often accompanied by blurred vision, drowsiness, headache, watering of the eyes and irritable condition of the lids, such symptoms becoming aggravated at night, or when artificial light is used, or when one is fatigued; vertigo, double vision, nausea, tremors. When any such symptoms are present, the eyes should be thoroughly examined by a reputable specialist in order to determine whether or not eye strain exists. The relief afforded by the prescription of proper glasses is often remarkable.

Glasses should be changed with advancing years, in some cases as often as every year. Be careful to follow closely the advice of your specialist in this regard. It is important that glasses be accurately fitted to the face and that they be repaired when they become loosened, as full correction of the error in vision will fail unless the lenses are properly centered. Glasses should be frequently cleaned, preferably with lens paper, which can be easily secured.

Eye washes are not necessary under normal conditions, as the secretions of the eye suffice to cleanse it. If a mild eye wash is desired, a solution of ten grains of boric acid to the ounce of distilled water is useful. When there is a chronic, irritable condition of the lids, great relief may be obtained by an occasional visit to the oculist to have the lids touched with an astringent. In acute inflammation of the eye, cold compresses should be used at frequent intervals and medical advice sought without delay. In painful conditions hot compresses often afford relief.

Do not experiment with quack remedies, eye waters, cataract cures, and the like. There is no medicine that will cure cataract, but an operation is usually successful. Play safe with your eyes. Consult a specialist and follow his advice.

Hordes of Locusts Due to Arrive Soon

Raleigh, June 1.—The seventeen-year locust is due to appear in Piedmont North Carolina just about this time. The insect will come in enormous numbers but will probably do little damage except in places where it was abundant 17 years ago.

"This insect always creates a great deal of interest because it appears in such numerous numbers and because it occurs only every 17 years," says Dr. Z. P. Metcalf, head of the department of entomology at State College. "In spite of the enormous number, however, the insect does little damage because it lives primarily in the forests and lays its eggs in forest trees. Occasionally, it may do damage to a young orchard where the trees have been planted in a place where the locust was abundant 17 years ago."

The locust does its principal damage by killing the small branches in which it lays its egg. Farmers having young trees in such situations as described by Dr. Metcalf are advised to watch carefully and if the locusts appear in abundance to protect the young trees by mosquito netting or tobacco canyass. This can be removed as soon as the locusts disappear.

Dr. Metcalf states that the 17-year locusts are dying out, but they will perhaps be abundant in the upper Piedmont and mountain counties this season. Those who find the locusts on their farms will render a service to the entomology workers by sending specimens to the State College.

There is a common superstition that the sting of this insect is dangerous or fatal to man. This is not true, explains Dr. Metcalf, because the locust has no sting and cannot injure man.

Women of America own \$4,000,000 worth of jewelry.

LINDBERGH'S FLIGHT BEYOND ALL DREAMS

Even Wrights, Inventors of the Airplane, Had No Such Vision For Their Ships.

Chicago, June 1.—Even the prophetic hopes of Orville and Wilbur Wright, pioneers in the history of aviation, did not vision a performance such as Captain Charles Lindbergh's hop across the Atlantic ocean or the present possibilities of aviation.

Filled with admiration for the pluck and good judgment of "Lindy," Orville Wright, who tonight was presented by the Western Society of Engineers with the Washington award, a bronze tablet given in "recognition of devoted, unselfish and pre-eminent service in advancing human progress," disclosed what he termed his "limited pioneer vision."

"When Wilbur and I made our first flights," he explained, "we believed that the airplane would develop along slightly different lines than it has. We saw its future as a vehicle for sport, for exploring unknown parts of the globe, inaccessible to then existing modes of transportation.

"Discovery of the North Pole by plane was first in our catalog of possibilities. Then came the delivery of mail to isolated places of the world. Of course, we saw its possibilities in military science, but as a great commercial proposition, aviation seemed to hold forth no high promise."

It was not until 1911, Mr. Wright revealed, that a flight across the Atlantic was even thought of, even in the very remote future.

Extension circular 114, "Canning Fruits and Vegetables," by Mrs. Janc S. McKimmon gives the best methods used by home demonstration club women in taking care of their surplus produce. A copy of this publication may be had on application to the agriculture editor at State College.

The farm outlook in Lee County is said to be better this spring than in the last four years. The land is in good condition and there are good stands of both cotton and tobacco.

Forty head of registered Guernsey cattle including several calves, sold at Ashboro recently brought \$5,500 to the owners making the arrangement.

DON'T YOU NEED A TONIC?

The Indians realized the benefit of tonics by gathering herbs and brewing teas for tonics. Today our tonics are the results of highly scientific tests and blendings of the proper medicines to give you vigor and health. We carry a complete line of many famous tonics, each one a perfect health-giving medicine. Come in today and buy a bottle. Bring your PRESCRIPTIONS to us.

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2—Registered Druggists—2
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To
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All bills for electric service, light, heat and power, are payable at the company's office on the first of the month. No discount is allowed after the 10th of the month and it is necessary to discontinue service in each instance where bills are not paid by the 15th.

Southern Public Utilities Co.
Phone 95.
"Electricity—The Servant in the Home"

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How many times have you wished your family had a second car? How often would it have been not only a convenience, but an actual saving?
Buick costs less today than ever before. Operating costs are lower too.

Why wait longer to buy another car? Your "family" car will be in ever-increasing demand during the spring and summer months. Get your Buick now and make the whole family happy this year.

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MARKET STREET MOUNT AIRY, N. C.

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We have just received by express a new shipment of unusually pretty dresses and hats. A lucky purchase enable us to price them lower than you would imagine after seeing them, for they are full of quality, along with style. Investigate before you invest in a hat or dress.

See Our Window and ask inside about the free dress

A. B. C. STORE
Mount Airy, N. C.

New Powder actually Improves skin

All the delightful properties of the most expensive imported powder—plus this amazing and exclusive characteristic. A cold cream base that keeps your skin soft and young looking. Use Marcelle Cold Cream Powder for one week and note the marked improvement in your complexion.

Marcelle Crème Poudre

Best Styles and the Prices are Now Lower

This is a shoe buying season, and right in the midst of it you are offered an opportunity to save some real money, for we are trimming the prices sharply on all our men's and ladies' slippers. We need room (and cash), and purchasers of these slippers will share in a nice saving. The styles are the very latest, and materials the best. Yes, we have a good range of sizes so bring your feet here and let us fit them—and save you money, too.

LADIES
Be sure to see our new line of
Stamped Goods

See our new Bucilla line of articles stamped ready for embroidering. The line includes kiddies rompers, gowns white and colored, pillow cases, table cloths and napkins to match, luncheon sets, dresser covers, card table covers, etc.