When writing, reading, drawing, sewing, etc., always take care that I. The room is comfortably cool and the feet warm; ... There is nothing tight about

There is plenty of light with out dazzling the eyes; 4. The sun does not shine directly on the object we are at work up

The light does not come from in front; it is best when it comes over the left shoulder;
The head is not very much beut over work;

7. The page is nearly perpendicular to the line of sight; that is, that the eye is nearly opposite the middle of the page, for an object held slanting is not seen so clearly;
3. That the page or object is not more than fifteen inches from the

in any case, avoid fine needle work, drawing of fine maps, and all such work, except for very short tasks, not exceeding half an hour each, and in the morning, when the eyes have any defect.

Never study or write before breakfast by candle light.

Do not lie down when reading. If your eyes are aching from the from overwork, or other causes, a pair of colored glasses may be advised to be used for a while. Light blue or grayish blue is the best shade, but these glasses are likely to be abused, and usually are not to be worn except, under medical advice. Almost all those persons who continue to-wear colored glassto wear them from medical men, Traveling venders of spectacles are not to be trusted; their wares are and to be recommended as ignorautly and indiscrimately as in the times of the "Vicar of Wakefield. If you have to hold the pages of teen inches in order to read it easily, it is probable that you are quite near sighted. If you have to hold it two or three feet away before you see it easily, you are probably far sighted. In either case, it is very desirable to consult a physician be-

mislit may injure your eyes. Never play tricks with, the eyes. as squinting or rolling them.
The eyes are often troublesome when the stomach is out of order.
Avoid reading or sewing by twilight, or when debilitated by recent
illness, especially fever, or, in the
case of women, by childbirth. Every seamstress ought to have a cutting out table to place her work on in such, a place with reference to the line of vision as to make it

possible to exercise a close scruting

fore getting a pair of glasses, for a

without bending the head or figure It is indispensable in all forms of labor requiring the exercise of vision for minute objects that the worker should rise from his task now and then, take a few deep inworker should rise from his task now and then, take a few deep inspirations with closed mouth, stretch the frame out into the most erect posture, throw the arms backward and forward, and, if possible, step to a window or out into the open air, if only for a moment. Two desks or tables in a room are valuable for a student; one to stand

The Growth of London.

The Leisure Hour, in speaking of the growth of London, says: "The metropolis of the British Empire, the largest city the world ever saw, covers within fifteen miles' radius of Charing Cross, nearly 700 ants. It contains more Jews than the whole of Palestine, more Roman Catholics than Rome itself, more Irish than Dublin, more Scotchmen than Edinburgh. The port of London has every day on its waters 1,000 ships and 9,000 sailors. Upwards of 120 persons are added to the population daily, or 10,000 yearly, a birth taking place every five minutes, and a death, every eight minutes. On an average, twenty-eight miles of streets are opened, and 9,000 new houses built every year. In its postal districts there is a yearly delivery of 238,-100,000 letters. On the Police Register there are the names of 120,000 habitual criminals, increasing by many thousands every year. More than one-third of all the crime of the country is committed in London, or at least brought to light their fronts were placed side by side, reach from Charing Cross to Portsmouth, a distance of seventythree miles, and \$8,000 drunkards are annually brought before its magistrates. The shops open on Sundays would form streets sixty miles long. It is estimated that there are above a million of the people who are practically heathen, wholly neglecting the ordinances of religion. At least 900 additional churches and chapels would be required for the wants of the people."

A National Company of the people of the pe are annually brought before its

DRAW-BACK SKIRTS .- Some of DEAW-BACK SKIRTS.—Some of the women are in ecstacies over the pull-back style of the dresses now-a-days. Says one of 'em: "Woman has certainly evoluted a little out of the original sin. At last you see, in broad daylight, her legs, her arms, her whole natural shape. Undoubtedly we shall retrograde a trifle, but progress is our watch-word, and the eye of prophery beword, and the eye of prophecy be-holds, in a future Eden, women robed in garments which will allow the free actions of all the organs, or all are 'honorable.' Therefore form divine, in its beauty and grace, and pray with me that the day is not far distant, when the legs, now tied back, be emancipated, the arms, now trussed like a fowl, be allowed to move to the melody of bodily motion, and, through the recovered laws of health, a new woman constitution formed, to which she shall cling with Andy Johnson tenseity for with Andy Johnson tenacity fo ever and ever."

A backelor made a will leaving his property to the girls who had refused him. "For to them I owe all my earthly happiness."

A Philadelphia man belongs to fifty-three secret societies, and is consequently in processions most of

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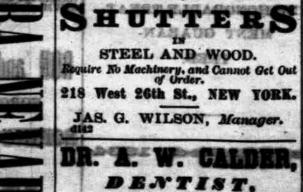
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