

## HEALTH AND SAFETY SECTION

### WHEN YOU DON'T NEED GLASSES

THE BENEFIT that has come from the use of glasses is widespread and is generally recognized by physicians and by patients everywhere. And yet there are many people wearing glasses who really do not need them. Some people wear glasses because they think they make them look more attractive or more scholarly. *Don't wear glasses unless they are necessary.*

There has been, during the last few years, a continuous effort on the part of some of the makers of spectacles to develop in the public mind what is termed "eye consciousness." This has been emphasized by the examinations which have been made of the eyes of school children.

The relief experienced from glasses has been discussed in the homes, and has served as a general topic of conversation. Some manufacturers of lenses have commercialized this feeling, and have largely succeeded in developing a public belief that all eyes are more or less defective, and hence that all eyes need glasses.

This has caused some parents and pupils to believe that even if an examination shows that eyes are normal, still the use of glasses will give added strength to the eyes. This belief has caused hundreds of people to use glasses when they really were not needed.

Perhaps these people were using their

eyes at night and under bad conditions, with imperfectly printed books, and when physically in a condition which needs eye rest rather than eye work. Or perhaps, because of adenoids or catarrhal conditions, their eyes had become inflamed.

Glasses are not the first aid required in such cases, yet they have been sold and even prescribed by doctors with the feeling that the small irritation might be benefited by the use of glasses. The result of this has been that boys and girls, and even grown people, have had glasses prescribed when other things should have been used instead.



*Some people wear glasses because they think the glasses make them look more attractive or more scholarly. Don't wear glasses unless they are necessary.*

Here is a very foolish statement which a professor in a university made to his classes. He said: "I have noticed that many of our students are not wearing glasses. It is quite impossible that their eyes are perfect, so they should consult an eye physician at once." It would have been desirable for all these students to have had their eyes examined by an eye physician, but certainly it would not be found necessary for all of them to wear glasses. The foolishness of this professor's statement lies in the fact that the eyes, like other parts of the human body, are capable of adjustment.

On the other hand, there are many

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## FARMER JUAN'S DINNER

*(Continued from page 411)*

"Where are you, Turkey Lurkey?" he called. "Come here. I'm ready for you. What a fine Thanksgiving dinner I shall have!"

Then he looked up and down with his flash-light. In the tree and around the tree and most everywhere. But no Turkey Lurkey was to be found. Then he looked in other trees. No Turkey Lurkey.

"Where can that turkey be?" said Farmer Juan. "Well, anyway I'll cook that fat squash for my Thanksgiving dinner."

Down to the garden he went. He looked in the corner where the squash had been growing. Susana Squash wasn't there. He looked and looked. No squash.

Finally he gave up, walked to the house, and went to bed.

And on Thanksgiving Day what do you think Farmer Juan had for his Thanksgiving dinner?

Did he have squash? No.

Did he have turkey? No.

He had only some *camotes*.

## QUESTIONS

1. When was Farmer Juan going to have a turkey dinner?

2. Why did he feed rice to his turkey?

## GLASSES

*(Continued from page 426)*

people whose eyes are seemingly very good, yet for whom the use of properly fitted glasses would prove a relief from nervous strain. There are multitudes of people whose imperfect sight prevents them from seeing things which make life beautiful and worth while. There are many others for whom properly chosen glasses are the necessary means for correcting reflex nervous trouble, and whose headaches, indigestion, neuralgia, or dizziness pass away with the relief of eye strain.

But there are also many people whose eyes are perfectly normal, who are entirely comfortable without wearing glasses. For these, glasses are wholly unnecessary.

If you are in doubt as to whether or not you should wear glasses, go to a good eye physician, and then do what he advises.—*Condensed from "Good Health."*

3. What more did he intend to have at his Thanksgiving dinner?

4. How did the turkey and the squash escape from Farmer Juan?

5. What did Farmer Juan have for dinner?

## FIRST THANKSGIVING

*(Continued from page 416)*

*(Produces a long pipe which he puts to his lips as if smoking it. He then hands it to the Governor.)* This is Indian peace pipe. Smoke it, brother White Chief, as sign of friendship between Indians and white men.

*(The Governor places the peace pipe to his lips as if he were smoking it.)*

## CURTAIN

## SCENE III

Place: In a field at harvest time.

Time: Some months later than the previous scenes.

*(Piles of cornstalks may be seen in the background. There are also some pumpkins or squashes. Pilgrims—men and women—are busy gathering the corn and pumpkins.)*

GOVERNOR *(entering)*: My friends, God has rewarded our toil with a bountiful harvest. We have corn and squashes and dried wild fruits. We have venison from the forest and fish from the streams. Wild turkeys and other fowl are in abundance. These are blessings from our Heavenly Father. Let us all give thanks to God for his kindness. Let us have a day of  
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