

EMBROIDERITIS

Physicians Say It Is a Disease From Which Many Women Suffer. "Fancy work is all right," says a prominent doctor, "but only when done in moderation. Women seem to think, for some strange reason, that when they have a needle in hand they are exempt from criticism for idling away their time."

In a more or less intent, cramped attitude. During this time your eyes have been fixed upon your stitches. You have a number of times through this length of time felt a desire to stretch yourself, but you have refrained from indulging the desire in your enthusiasm to get through a certain stint in your work. Several times you have stopped a second after threading a new needle to rub your eyes, yawn a little, draw yourself up in your chair. "Had you followed your physical impulses, after sewing for an hour you would have left the embroidery bag for a walk or an active game or sport. It was all wrong of you not to take heed of that first warning of physical fatigue, that little longing to drop work for a moment to stimulate physical activity. It doesn't matter how much you delight in the pretty work, it is the extreme of folly

for you to sacrifice your health for the sake of this temporary pleasure. "My eyes were opened this summer during my stay at a summer hotel. The continuous capacity of some of the women guests amazed me in itself, but I was doubly amazed at the capacity of these same women for continuous needlework as they sat away their days. "One of these women broke down completely in the middle of the season. She changed to come to me for advice. She said she did not know what was the matter with her, but she was sure the place did not agree with her, that she was naturally nervous. I made her pretty angry by telling her she had a disease new to me, which I called 'embroideritis.' I told her to pack her embroidery bag and not take it out of her trunk in the four weeks remaining of her holiday. She

got over being angry when she saw that I was in earnest. "But it makes me so nervous to sit with my hands idle," she said. "You'll find something to do if you positively can't embroider," I said, "and you can't for I positively forbid it." I gave her no medicine, though she needed some, simply to show her the importance I laid upon her obeying my injunction about the fancy work. "She took my word seriously, and in a week came to me to show the result. She was blooming. All that young person needed was right exercise. "A friend of mine who is the physician of a large hotel laughed at me when I told him of my discovery of a new ailment. "Why," he said, "I've taken the trouble into serious account for years. There are wo-

men in this hotel every year who come to me for troubles that I should have difficulty accounting for did I not see them busily slaving for hours and hours over their everlasting fancy work."—Philadelphia Telegraph.

Science Notes. Is there some not yet understood photographic power in a stroke of lightning? Many people say that there is and many scientists call the claim absurd. The following item comes from a recent English newspaper: "A young man named Frank Goodson was killed by lightning while standing under a tree at Wimbledon. When the body was being placed in the coffin at the mortuary it was observed that there were marks imprinted upon the right thigh which bore a remarkable resemblance to leaves. Goodson was, of course, fully clothed at the time when he was struck."

Russia and China. Moscow, with its endless streets and dingy, brown-streached out in a redemptive green trees round the park of the Kremlin. The beauty of the spiritual and temporal Russian autocracy, the mind of Peter, and Tartar cities converted to greater symmetry in most parts of gray-tiled roofs and yellow tiles of walls and yellow tiles of City, sanctuary and palace. Heaven. A far more might easily be drawn from the Chinese systems.—London Outlook.

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