

steady reading or fine work of any kind is bad for the eyes even in day time, and very bad at night, unless the light is bright and steady.

Besides, there are a few things that even young boys and girls should notice for themselves. If one has sore eyes, or weak ones, or pain in the eyes, or cannot see clearly to read, or cannot see clearly well-known things at a distance, then there is something wrong with the eyes, and you should go to a doctor and have your eyes tested. If you have always to hold a book nearer the face than twelve or fourteen inches, you are near-sighted, and should wear glasses. If you have to hold the book farther away than seventeen or eighteen inches in reading it, you are far-sighted and need glasses.

If you have headaches often towards the noon hour, in school, or towards four o'clock in the afternoon, there is likely to be some trouble with the eyes. Of course this is not always the case. The trouble may lie in some other part of the body; but it is always safest, when things like these are noticed, to have a doctor examine the eyes and find out what is wrong.

Lastly, you must be careful not to catch disease of the eye from other people. There are some horrible diseases that may affect the eyes, by using water, towels, or handkerchiefs that diseased persons have used. Or, you may catch some of these terrible eye troubles by touching some parts of a diseased person's body with your fingers and afterwards rubbing your eyes. These diseases are caused by tiny invisible seeds, like those that cause rotting of the teeth, or like those that cause the hair to fall out. When they get into the eyes and start to grow, the eyes become red, hot, swollen and sore. The seeds are not all alike. One kind of seed will cause one disease of the eye; and another kind of seed will cause another kind of disease. And sometimes it happens that a disease spreads to every pupil in a school, by the seeds floating in the air of the room and getting into the eyes.

Have you ever heard of snow blindness? It comes upon people who have to travel long distances on long stretches of snow, as when one crosses a prairie in winter. The same kind of trouble comes upon people who travel across the Sahara desert. The long stretches of white sand in Africa, and of white snow in America, reflect the light so strongly into the eyes that after a while the nerve loses all power of doing its work.

It is part of the religion of an Arab not to shade his eyes in crossing the desert, and as a result, there is more eye disease among Arabs than among other people. They do not wear caps or hats like ours, with peaks or brims on them, which help the eyelids to keep out the painful glare of the sun, so the nerve in the eye gets slowly killed by the intense light, and at last blindness comes on.

---

#### CARE OF THE EARS.

The chief use of the outer ear is to help us to hear a little better than we can without it. The *real* ear lies deep in the bone in the head, and is therefore so well covered up that it can only be harmed when people are very careless, or very