

SEVEN GOOD RULES FOR PRESERVING THE EYE-SIGHT.

Dr. H. C. Angell, in his little book on How to take Care of our Eyes, recently published in Boston, gives the following rules to be carefully observed by all persons who have a tendency to weakness of sight, or who experience unusual fatigue of the eyes in reading or other occupation requiring close use of the eyes:

1. Cease to use the eyes for the time being, and look away from the work, when sight becomes in the least painful, blurred, or indistinct. After perfect rest for a moment, or longer, work may be resumed, to be discontinued as before when the eyes feel again fatigued.

2. See that the light is sufficient, and that it falls properly upon your work. Never sit facing it. It is best that the light should fall upon the work from above and behind; failing this, it may fall from the side. Never use the eyes at twilight. Any artificial light for the evening is good, if it is brilliant enough and steady. When artificial light is at all painful, it is safer to read or write only during the day.

3. Never read in the horse or steam cars. It requires too great an exertion of the accommodative power to keep the eyes fixed on the letters.

4. Never read when lying down; it is too fatiguing for the accommodative power. Many a tedious case of weak sight has been traced to the pernicious habit of reading in bed after retiring for the night.

5. Do not read much during convalescence from illness. Before the muscular system generally has quite recovered its healthy tone, we ought not to expect the muscles of accommodation to bear the continuous use to which they are subjected in reading or writing. We cannot be sure that the delicate muscles of the eye are in a condition to be used until the muscles of the leg and the arm have regained their strength and firmness.

6. The general health should be maintained by a good diet, sufficient sleep, air, exercise, amusement, and a proper restriction of hard work.

7. Take plenty of sleep. It is a sovereign balm for those who suffer from weak sight. Retire early, and avoid the painful evening lights. Ten hours' sleep for delicate eyes is better than eight.—*Boston Journal of Chemistry*.

A CURE FOR BONE FELONS, CARBUNCLES AND BOILS.

By I. J. M. Goss, M.D., Marietta, Ga.

As bone felons, carbuncles and boils are very painful, I propose to give a remedy for each, which, if used as directed, seldom fails to cure the above evils in a few days.

When a bone felon first begins to appear,

take strong tincture of iodine, three drachms: specific tinct. (Merrell, Thorp and Loyd's) of aconite; tinct. of arnica; tinct. of cantharides, each two drachms. Apply by wetting a cloth in this mixture, and keep it wet and apply until the pain ceases. I have used this frequently with entire success. In some cases, where the felon was two or three days old, I applied a bandage, evenly and moderately tight, from the end of the finger affected up to the hand, and then wet the bandage in this mixture three or four times a day, and, if matter is already formed, it causes it to come to the surface, so it may be let out without splitting to the bone, as is required without this treatment.

For carbuncles and boils I use: iodine, two parts; aconite, one part; and arnica, one part. Apply four times a day. This causes the carbuncle or boil to shrink away at once, if applied the first day; if, however, they are two or three days old, it causes them to shrivel and mature at once. I have used this treatment in several cases very recently with success, and now recommend it to the profession with entire confidence.—*Medical Brief*.

A PREVENTIVE TO PITTING IN SMALL-POX.

By H. V. HURLBUT, M.D.

The following is a perfect preventive to pitting in small-pox, and as pleasant to apply as so much water. For the last eleven or twelve years, I have used the application in all cases I have treated, and among them the babe of twenty months, and so on, up to the old lady of fifty-five years, in confluent and distinct cases, and in not a single instance has it failed when faithfully applied:

R. Aqua Font. 1 pint.
Acet. plumbi..... 8 to 10 grains.

M. Sig. Keep the parts wet by frequent application of the above; it prevents the itching as well as pitting.—*Medical Brief*.

CHLORAL HYDRATE IN LARYNGISMUS STRIDULUS.

Mr. William Stewart (*Lancet*, May 25, 1878,) has found chloral the remedy *par excellence* in laryngismus stridulus. The spasms recur at longer intervals and in a slighter form, ceasing in two to three weeks after beginning its use. He gives two grains to a child of six months, two and a-half grains at twelve months, and three grains at three years. It acts by calming the high nervous excitability. For the constitutional cachexia, he uses powders of the phosphate of lime night and morning, or a few drops of syr. hypophosphite of lime to assist in the development of the teeth and promote the general growth of the bones.