

eyes. The cause is the same in all three cases; but it will be easier for you to get at the cause for the first two, than for the third. Let me give you a hint how to find out. Stand before the glass of a book case, or picture, and see whether you can notice the image of a window of the room reflected from the glass, just as you have often seen your own face reflected in a mirror. If you notice this, you have found out how a well-worn blackboard shines and glitens, and why it is hard to see the words that are written upon it. The light coming from some window in the room falls upon the blackboard, and then glances back to your eyes, so as to prevent you from seeing clearly.

In some very badly planned school houses, the children are seated so as to face one or more windows. The light therefore falls straight upon the eyes and hurts them. It is not so bad when the windows are placed on both sides of the room, though this is bad enough; but the best place for windows is behind the pupils and on their left-hand side, so that no shadow may fall upon books or papers lying on the desk.

And now I want to tell you about another thing that is bad for the eyes. It is bad to read a book with small, dim print; and it is bad for children to read even large print, if they are kept at it for too long a time. Physicians tell us that when boys and girls are kept looking at near objects, like books, slates, copy books, or sewing cards, all day in school, their eyes get tired and strained. They should therefore be rested every now and again, by looking at distant objects. Even a look across the room at a map or picture on the wall, for half a minute or so, is restful. But looking at objects within three feet of us for some length of time is tiresome to the eyes, and, if kept up for months or years will strain the eyes and produce headache.

One other thing I wish to tell you about. When boys and girls study their lessons at home, they have often to do so by lamplight. And very few of them know how to do this kind of work without hurting their eyes.

They often sit on a chair at the side of the table and face a lamp without any shade on it. This is quite wrong. If a book is too heavy to hold in the hands, you must place it on the table, of course, but in this case, you should always place a shade upon the lamp, so that the light will fall upon the page and not upon your eyes. If the book is small and not heavy, you should turn your back to the lamp, and get the light to fall straight upon the page. If you are reading in a room in daytime, you should follow the same rule. Sit with your back partly turned to the window so that the light falls on the book over your left shoulder.

A steady, bright light is the best for reading or writing at night. Flickering lights, like those from candles, gas-jets, or arc lamps are trying to the eyes. Again, if you are too far away from a light, when you are reading at night and the print cannot be clearly seen, almost without knowing it, you bring the book up close to your eyes. This throws a double strain upon them, the cause of which you cannot understand just now; but you may be quite sure that