

rule, the cause of weak sight is an over-worked, fatigued, sensitive condition of these muscles.

Vision has often been enfeebled or destroyed by exposure to a dazzling light. Every one knows the discomfort which is experienced from a sudden increase of light ; such discomfort should be regarded as a warning of the dangerous character of the circumstances which call it forth. Temporary or permanent loss of vision has been occasionally produced by the reflection of the solar rays into an eye from a mirror or other like surface ; and many people have suffered by partial and total loss of sight through their folly in looking at the sun, and the most prompt treatment has sometimes barely sufficed to prevent complete blindness.

The eyes may suffer in adult age from a variety of causes besides those already mentioned, such as excessive application ; unclean or impure air ; exposure to cold ; mechanical or chemical injury ; from mental conditions ; and from many so-called pleasures ; un-natural conditions of the general system, which either occasion determination of blood to the eyes and to the head, or which depend upon abnormal states of the blood, by which the strength of the whole body, and with it that of the eyes, is reduced ; and finally, from the want or misuse of spectacles. The general principles which should be borne in mind, in order that the evils hence arising may be avoided, are of importance to every one who wishes to