

The French natural standard type is 0.4 mm. thick and 1.05 mm. in height—corresponding to our brevier.

The following observations with regard to the size, etc., of letters will be found of practical importance :

1. Size of letters. Any type smaller than 1.50 mm. is injurious to the eyes for continuous and prolonged reading. Pica or long primer may be regarded as safe standards.

2. The number of letters one can read in one minute gives an index of legibility. According to Weber one can read 1,464 letters aloud and 1,900 silently, 1.50 mm. in height.

3. The thickness of the letters is important for legibility. None with a down stroke less in thickness than a half millimetre should be allowed.

4. The shape of letters. As we read the upper half of lines the tops of letters should be especially distinct. If one covers the lower half of a line, one reads easily. If, however, the upper half is covered, one can read, but with difficulty.

5. The matter of distance between words is important to legibility. Weber advocates that not more than sixty letters be used in a line four inches long. The intervals between lines should be sufficient to bring the type out in strong relief to the paper.

6. The length of text lines should not exceed four inches. The shorter the line the easier it is to read.

7. The color of the paper is a subject of discussion. Javal recommends yellowish tint. The Hygienic Congress, at Turin, in 1880, advocated yellowish. Weber recommends pale grey, which latter opinion I concur in.

8. Goodness of paper. It should be of uniform thickness, and of such a quality as to prevent type from showing through.

I would strongly recommend the use of a typewriting machine for composing instead of writing by hand. I think also that the noise of the machine stimulates one's ideas, but that may be a fancy. The free bathing of the eyes in cold water in the morning is to be commended. When the eyes are tired it will be found that bathing the closed eyes with a lotion composed of rain water, one pint; whiskey, one teaspoonful, and common salt, one teaspoonful, will relieve symptoms.

As to light: Daylight is preferable, but, of course, cannot be had by writers in running dailies. Gas should be lowered to desks and shaded. Electric light should also be shaded, and is excellent if sufficient in quantity.

Reading lying down imposes an extra strain on the muscles of the eyes. It is particularly injurious to read in railway trains and during