

"Never play tricks with the eyes, as-squinting or rolling them.

"The eyes are often troublesome when the stomach is out of order

"Avoid reading or sewing by twilight or when debilitated by recent illness, especially fever.

"Every seamstress ought to have a cutting-out table, to place her work on such a plane with reference to the line of vision as to make it possible to exercise a close scrutiny without bending the head or the figure much forward.

"Usually, except for aged persons or chronic invalids, the winter temperature in work-rooms ought not to exceed 60° or 65°. To sit with impunity in a room at a lower temperature, some added clothing will be necessary. The feet of a student or seamstress should be kept comfortably warm while tasks are being done. Slippers are bad. In winter the temperature of the lower part of the room is apt to be 10° or 15° lower than that of the upper.

"It is indispensable in all forms of labor requiring the exercise of vision of minute objects, that the worker should rise from his task now and then, take a few deep inspirations with closed mouth, stretch the frame out into the most erect posture, throw the arms backward and forward, and if possible, step to a window or into the open air, if only for a moment. Two desks or tables in a room are valuable for a student; one to stand at, the other to sit at."—*The Sanitarian, N. Y.*



### Editorial Notices and Answers to Correspondents.

A FATHER.—You had better apply to your usual physician for advice.

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