

the eye becomes saturated with light, and then, on turning to the printed page, an extra accommodation effort must be made to overcome the dazzling and clear up the vision. The light should enter from above, and at the side, so as to strike the page of the book, and *not* the eyes; and it should be, if possible, a direct rather than a reflected light.

A deficient illumination is injurious because it requires the book to be brought near the eye, and this tends to pressure on the eye-ball from the muscles of convergence, and the other external muscles that control its movements.

This muscular pressure on the yielding eye-ball promotes indirectly a bulging of the eye at the back, and so contributes to the progress of near sight, or Myopia. School statistics, made some years ago, and verified again and again since, have shown that it progresses with the age of the pupil and the increased demand upon the eyes. That is, in the elementary school there are fewer, and in the higher schools, more, near sighted; and the grade of the defect is also more severe as we reach the high class school and college.

The same strain on the eyes of adults may cause a disorder of the muscles of accommodation and convergence. In health, these two muscles work together in perfect harmony. If either one become affected, this harmony is disturbed, and weak or painful sight may follow; but, as a