

RULES FOR THE CARE OF THE EYES.

DR. D. F. LINCOLN, the Secretary of the Health Department of the American Social Science Association, has given the following "rules for the care of the eyes":

"When writing, reading, drawing, sewing, etc., always take care that—

"(a.) The room is comfortably cool, and the feet warm;

"(b.) There is nothing tight about the neck;

"(c.) There is plenty of light without dazzling the eyes;

"(d.) The sun does not shine directly on the object we are at work upon;

"(e.) The light does not come from in front; it is best when it comes from the left shoulder;

"(f.) The head is not very much bent over the work;

"(g.) The page is nearly perpendicular to the line of sight; that is, that the eye is nearly opposite the middle of the page, for an object held slanting is not seen so clearly.

"(h.) That the page, or other object, is not less than fifteen inches from the eye.

"Near-sightedness is apt to increase rapidly when a person wears, in reading, the glasses intended to enable him to see distant objects.

"In any case, when the eyes have any defect, avoid fine needle-work, drawing of fine maps, and all such work, except for very short tasks, not exceeding half an hour each, and in the morning.

"Never study or write before breakfast by candle light.

"Do not lie down when reading.

"If your eyes are aching from fire light, from looking at the snow, from over-work, or other causes, a pair of colored glasses may be advised, to be used for a while. Light blue or grayish blue is the best shade, but these glasses are likely to be abused, and, usually, are not to be worn except under medical advice. Almost all those persons who continue to wear colored glasses, having perhaps first received advice to wear them from medical men, would be better without them. Travelling vendors of spectacles are not to be trusted; their wares are apt to be recommended as ignorantly and indiscriminately as in the times of the 'Vicar of Wakefield.'

"If you have to hold the pages of *Harper's Magazine* nearer than fifteen inches in order to read it easily, it is probable that you are quite near-sighted. If you have to hold it two or three feet away before you see easily, you are probably far-sighted. In either case, it is very desirable to consult a physician before getting a pair of glasses, for a *misfit* may permanently injure your eyes.