

A vast number of cases of defective sight can be traced to education—from the great strain on the almost unformed lenses of the eyes of children.

Too much study, too continuous use of the eyes on near objects, too little out-door life and exercise of the eyes in distant vision, these are possibly sufficient to cause near sight, without hereditary influence. Near sight in children is usually noticed at about the age of six or seven if the tendency is inherited ; and from this age up to that of fifteen or sixteen if acquired.

It must be remembered that in youth the tissues of the eye are soft, yielding, and undeveloped ; that it is a growing organ, easily moulded ; that its future, like other parts of the body, is to be very much what it is made, by training, use, and abuse.

Now, a studious boy or girl of ten or fifteen years, besides the five or six hours' work in school, studies also more or less at home, while the leisure hours are spent over novels or books of travel. In short, the eyes are not only used nearly continuously in regarding near objects, but their use for distance is almost wholly neglected. It is not surprising that, under such training, an organ should lose some portion of its functional power.

There is no doubt that deficient and improperly admitted light in school-rooms is one cause of the rapid progress of this optical defect. To sit facing a light during study, for instance, is extremely injurious to the best eyes. On looking up,