

EYESIGHT AND ITS RELATION TO HEALTH AND EFFICIENCY

(By B. B. Clark)

Comparatively few have realized the tremendous importance of caring properly for the eyes, and to be of lasting benefit to the nation, the majority must be educated.

Until the child reaches the age of understanding and judgment, it is the duty of those in authority to know the condition of a child's eyes. The first attention should, of course, be given at birth by the physician and nurse and their advice followed. According to the Committee for Prevention of Blindness, 10,000 persons in the United States today are totally blind because their eyes were neglected during the first few days of life.

An examination of the eyes of a child at an early age will determine whether they are in a normal condition. Every child is entitled to a fair start in life, and this cannot be had with defective vision.

A child has little means of comparing his vision with standard vision. He has no means whatever of knowing whether his eyes are right.

Many times one sees as much as he is supposed to see, yet an eye defect may be present which makes him use tremendously more nervous energy to get that sight than he should use. The immediate result of eye strain is seen not in the eyes, but in some other part of the body, often quite remote from the eyes.

Carefully conducted vision surveys show that 62 per cent. of all children between the ages of six and sixteen have defective eyes. Most of these children are being forced to do school work under the handicap of a constant nervous strain caused by neglect of eyes that need help. And the pitiful part is that the parents' ignorance of these conditions does not save the child from the penalty he is constantly paying.

It is foolish to lose time in supposing that the child will "grow out of it." The suitable time to put out a fire is before it amounts to anything. The sensible time to stop eye strain is before it saps nervous energy. Nothing but trouble is gained by waiting until the point is reached at which some school examiner sends the child home for the attention his parents should have given him long before.

Many contend that there is too much paternalism on the part of our public schools, without realizing that teachers, in order to obtain satisfactory results from their efforts, must at least have a normal child with whom to work.

An instance is related of an indignant mother who remarked to a teacher: "The idea of a chit of a girl like you advising a mother who has buried five children as to how to care for them."

The children of today are the citizens of the future. Expert advice and attention are usually worth all they cost, and in no instance is this more true than in the care and attention given to the eyes of a child.

HAVE YOUR
Eyes Examined Occasionally
and Know that they are 100% Efficient

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ACROSS CANADA BY THE C. N. R.

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Prince Charlie), for, while they are all travelling in dark and useful clothes, when they near their destination, she takes them one by one into the ladies' room, and they emerge bright and shining, with white dresses and clean faces (tomato and orange stains all gone) ready to greet grand-pere or grand-mere, or whoever it is they are going to see.

Quebec, that wonderful old city, and scene of much of the early history of Canada, is reached in the evening, just five days' journey from Vancouver. It is raining, and the bright lights from the electric lamps are reflected in the wet streets, as we go climbing up the hill in a funny little phaeton affair, drawn by a sturdy and sure footed little pony. The hotel is very full, for the "Empress of Britain" came in today, and the "Empress of France" goes out tomorrow, but we have been fore-sighted enough to secure rooms in advance, and while hundreds are being turned away, we are glad that we are to have a steady bed for one night.

Morning brings sunshine and a fine view down to the old town, with its narrow steep streets, and away across the river, with little ferries crossing and recrossing, a larger craft passing up and down, and the biggest ships of all lying in dock. We were disappointed that we could not see the famous bridge of which we had heard so much.

The morning is spent in exploring the narrow streets of the old town and in buying souvenirs, but the stores are small and poorly stocked, and shopping is disappointing.

A drive round the city is interesting, the old fortifications and the "Heights of Abraham" recalling again the glories of British tradition.

India is said to be the brightest jewel in the British crown, and I should feel inclined to put Canada second. A trip like this only serves to make one realize more fully the boundless resources of the country. Her material wealth alone, which as yet is only beginning to be touched, is enough to make of her a great nation, but after all, the true wealth of a country is in her people, and the problem seems to me to be how to weld the different races and nationalities, which we have here gathered together, into one whole, and produce a people, who by their ideals, aspirations, and aims will carry on the traditions of our great Empire, on which the sun never sets, "For God and the King."

—H. P. T.

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