

tacks of actual inflammation. But what are the causes of this prevalent infirmity in the youth of our day? This is a highly important question for educators to consider. Waiving a scrofulous taint, poor digestion, owing to faulty habits in eating, etc.—the cause above all others that is operating in producing this form of degeneration, as of so many others among intellectual people, is excessive use, and especially in this case over-use, amid unfavourable surroundings. Now happily we can, if we will, strike at the root of these evils. What are the facts? A very young child is required for five or six hours of each day to look at small characters in books, on maps, black-boards, etc., and to “pay attention” all the time. This is not all; he is required again to con books, for some hours often, at night. Now if any other organ were thus used, would it hold out any better than the eye? With the youth preparing for a severe examination this strain is frequently continued till midnight, or after it. No man ever burned “midnight oil,” for any length of time, who did not pay for it sooner or later, and dearly too, by some defect in the organs of vision. But after all, it is not alone to over-use, but to a very large degree to the circumstances under which the organs are used that *myopia* must be attributed in not a few cases. The great law of rest is violated as in the case of no other organ of the body, unless perhaps, the brain. The student does not cease to look when his eyes are warning him by the sense of fatigue. When the light becomes an enemy why does he not withdraw his eyes from that enemy? Most people will stop eating when their stomachs are full; very few are equally ready to shut out excess of light from the eye. The eyes, however weakly they may be, rarely suffer in the open air with diffused day-light. Educa-

tors must deal with two capital evils: (1) The introduction of light into the school-room in such a way that it falls directly on the visual organs of the pupils. (2) Leaving rooms entirely unprovided with any means of regulating the supply of light. A steady light is most essential; every one knows the consequence of looking steadily at the sun—momentary blindness; surely then sudden changes must tell injuriously, if in a less degree, than in the case just cited. Now observe that in the open air the eyes are but little exposed to such sudden changes. A third matter must be attended to by the parent and the student himself—that is, protecting the eye from the direct glare of lamps. All persons should have an ordinary shade on the lamp by which they read; while those afflicted with *myopia* should take special precautions as to position of the body, etc., so that the eyes may have just the exact quantity of light they can comfortably bear; and that coming to them in a direction such that neither by reflection nor refraction shall it impinge directly on the organ of sight. During sleep the room should be dark, so that the eye may have perfect rest; to lie facing a window will act injuriously on this sensitive organ; for it will be remembered that, though the eyes be closed, the cartilages of the lids admit a certain quantity of light. The great remedy for almost all ordinary ailments of the eyes, and especially of short-sight, is rest. Books must be abandoned, especially at night; the rooms used dimly lighted; the window-blinds green or blue, and numerous other common sense precautions taken to ensure as much optical rest as possible. All oculists are agreed that spectacles to correct *myopia* should be used; the writer has, however, known a case of well marked short-sight cured in two years with attention to the principles of