

Good artificial light is better than twilight.

In working have the light shine from behind, preferably over the left shoulder.

Light coming from below the level of the eye is worse than useless. From an optical standpoint shades should be placed at the bottom of the windows instead of at the top.

Sun-light is the best light. The nearer a light comes to sunlight the better it is.

The amount of work demanded of the eyes should be proportionate to their strength.

The eyes are subject to change. They should be optically examined at least once in two years whether glasses are worn or not.

Few prize winning children become successful in after life. The strain of cramming for examinations often injures both mind and body as well as the sight.

Many children in the critical period of school life labor under disadvantages that a little care and attention could easily remove.

A dislike for books often originates in the extra effort to read them. Likewise often an appearance of stupidity and inattention may be due to eyestrain.

The school teacher by a judicious suggestion may be the means of saving a life-time of discomfort.