

SPECTACLES.

These aids to failing sight were first used about the latter end of the thirteenth century and their invention is ascribed to Roger Bacon. Sir David Brewster says:—"Persons who have enjoyed distinct and comfortable vision in early life, it is remarked, are the most likely to appreciate the benefit to be derived from glasses. Between the ages of thirty or forty, they begin to experience a change in sight. During the progress of this alteration, much inconvenience is experienced, as no spectacles seem to be servicable in giving correct vision. Happily, however, two or three months ends this difficulty, and as soon as the alteration is complete, distinct and comfortable vision is at once obtained by the use of well selected glasses of a convex figure. During this transition state it is important that the eyes should be subjected to no severe strain, and great regard should be paid to the general health.

The material of spectacle lenses should be glass, of a very slow dispersive power or better still of rock crystal. They should be as thin as practicable. To correct a common error in the manufacture of lenses, by which the distance between the centres of the lenses is equal to the distance between the pupils of the eyes, the following is given:—"Draw on paper an isosceles triangle the two sides of which are equal to the distance of each pupil from the point to be seen distinctly; while the third side or base is equal to the distance between the pupils when the eye view that point. Then set off on each side of the triangle, from each end of the base, the distance of the centre of lenses or their frames from the pupil, and the distance of these points will be the distance of the centres of the lenses required.

The long-sighted persons will generally, for ten or twelve years, require glasses only for reading or work done by hands; but as life advances other spectacles will be needed for objects at greater distances, and it will be of great advantage to have two or three pairs of different local distances. It is a very incorrect notion that it is prudent to avoid the use of artificial helps to the eyes as long as possible.

The human eye is too delicate a structure to bear continued strain without injury, and the true rule is to commence the use of glasses as soon as we can see better with than without them."

BAD EFFECTS OF GRASS ON COLTS.—When horses are turned out to grass in the spring of the year, the succulent nature of the food causes them to purge, often to a great extent; this is considered by many persons a most desirable event—a great misconception. The herbs are overcharged with sap and moisture, of a crude acrimonious nature, to such an extent that all cannot be taken up by the organs designed for the secretion of urine, or by absorbent vessels of the body; the superfluous fluid therefore passes off through the intestines with the indigestible particles of food, and thus the watery faces are thrown off. Flatulent colic or gripes is a frequent attendant. The system is deranged; but the mischief does not terminate here. If the purging is continued, constitutional relaxation of the bowels is established, very debilitating to the animal, and often difficult to control. I am so decidedly opposed to unrestricted allowance of luxuriant grass to horses at any age, that nothing could induce me to give it to them. After the second year, hay should form a considerable portion of the daily food in summer to every animal intended for riding or driving. So says the *Mark Lane Express*, an English agricultural journal of high character.

GOOD ADVICE FOR LOAFERS.—A chap in this city, who was bred to the trade of a carpenter, but who has abandoned that calling for a gentleman loafer, because it is not "genteel," called on a female acquaintance the other evening. During his stay he complained of a lack of exercise and a want of companionship. "I am dying," said he, "of ennui; I wish you would find me a first rate companion, with whom I can while away my time." "I know of one, just the one you used," she replied. "Who's that?" he asked. "Jack-plane," was the cool and wicked response. The fellow suddenly conceived that he felt a flea in his ear, and left to consult an artist, and has not called to see his plane-talking female adviser since.—*Lowell News*.

CORN FRITTERS.—One teacupful of milk, eggs, one pint of green corn grated, a little salt, and as much flour as will form a batter, beat the eggs, the yolks and whites separate. To the yolks of the eggs add the corn, salt, milk and flour enough to form a batter, beat the whole very hard, then stir in the whites, and drop in the batter, a spoonful at a time, into hot lard, and fry them on both sides of a light brown color.