

railway trains or in vehicles in motion. (2) Don't read lying down or in a constrained position. (3) Don't read by firelight, moonlight, or twilight. (4) Don't read by a flickering gaslight or candlelight. (5) Don't read books printed on thin paper. (6) Don't read books which have no space between the lines. (7) Don't read for more than fifty minutes without stopping, whether the eyes are tired or not. (8) Don't hold the reading close to the eyes. (9) Don't study at night, but in the morning when you are fresh. (10) Don't select your own glasses at the outset. It would almost seem as though some of these rules were too obvious to require mention, but practical experience shows that myopes abuse their eyes just in the ways stated. Reading by firelight or by moonlight are favorite sins. Reading lying down tends to increase the strain on the accommodation, and reading while travelling tires the ciliary muscle because of the too frequent adjustment of focus. In short, anything which tends to increase the quantity of blood in the organ favors the increase of the defect, leading in extreme cases to detachment of the retina and blindness."

Military Medical Notes.

THE ARMY MEDICAL SERVICE.—We learn from our contemporaries that the present head of the Army, Lord Wolseley, is inclined to carry out the same policy toward the army medical service which was adopted by his predecessor, namely, that of snubbing and keeping down, whenever opportunity offers, the medical officers. At a recent inspection in Dublin, Lord Wolseley objected to the medical corps carrying swords, because, he said, they were only civilians. Army officers do not seem to keep in touch with the spirit of the times, which tends constantly to bring into greater prominence the work of civilians, and to attract into civil life the best minds of every civilized country. In particular, the standard of education and intelligence in the medical profession is everywhere steadily rising, while we judge from the various exhibitions of the intelligence of army and navy services that these branches are not any longer drawing the best class of men into them. Yet, in the apparently desperate effort to maintain the prestige of the army and navy, officers do all they can by artificial regulation to keep down men who are, by education and natural intelligence, their equals, and perhaps their superiors. We believe that, in the end, the importance and social value of the