

of sight is increased. A child discovered to be "near-sighted" should be promptly furnished with appropriate glasses, and they should be selected if possible under the advice of a competent medical man or optician. In the case of persons who have passed middle life, as soon as it is noticed that the best artificial light is sought, or that letters grow apparently smaller or less distinct, or that the near point at which one can see distinctly is more than eight inches from the eye, the time for spectacles has arrived. In adopting them under these circumstances, we place an artificial lens outside of the eye to supplement the natural change of that within the eye, and by so doing, we add to the power and normal action of the whole optical apparatus. The use of spectacles enables the eyes to work comfortably without fatigue; and they should always be strong enough to effect this object. It is difficult to give any rules for selecting glasses, as there are many exceptions to be considered. The natural changes in vision come on gradually, and glasses need to be changed to meet this modification as age advances. At first the change is slight, and may not for several years after it commences be so marked as to become positively annoying. In the early periods of decay of sight, glasses having a focal length of 60 inches will usually suffice; later in life they must be changed for those of 40 or even of 10 inches.

Glasses of a focal length of 60 inches will require one to hold the object looked at at a distance of 14 inches. If at 14 inches the letters of a book are seen most distinctly, the focal length of the glasses is usually well adapted to those whose vision is slightly impaired. The distance should be quite accurately measured, as glasses of 10 inch focal length require a modification of the reading distance, of only about 3 inches less. The first spectacles should at first only be used for reading in the evening; and when no longer sufficient they may be superseded for evening work by others, and the first pair reserved for reading by daylight, or for writing, which requires less critical vision, more especially if ink be used that flows black from the pen.

Short-sightedness is a malformation of a somewhat serious nature, as short-sighted eyes are diseased eyes, and they require special treatment. Never allow a child or a friend thus afflicted to fall into the hands of "travelling quacks," or those who make loud claims to optical knowledge. In all large cities there are reputable medical gentlemen who make a specialty of the treatment of eye affections, and they are the proper persons to consult. It cannot be too universally known that short sight tends to increase; and that if it increase at all rapidly, it tends also to destructive changes, and therefore it is an affection which requires prompt attention.

Perfection of eyesight is essential to our welfare and happiness, and any one who neglects

those precautions upon the observance of which its preservation depends, will find cause for deep repentance in later life. Young men and young women who suffer themselves to fall into the habit of reading by fire-light, or at a window by the waning light of evening, or at a considerable distance from lamps and gas-burners, are guilty of acts for which they must suffer. Parents should promptly interfere to prevent the formation of such dangerous habit.

In the use of glasses, the tendency is towards those which are held in place by spring pressing upon the nose. This form is convenient, and will do very well for purposes other than for reading or writing, when prolonged use is required. The nip upon the nose is often painful, and creates uneasiness; and beside, the focus is liable to become disarranged. For these reasons and others, the glasses held in place by bows passing behind the ears are the best and safest for reading or study. The lenses should be of the best construction, and pure crown-glass affords a material better than "Brazilian" or other "pebbles." Avoid purchasing of any optician who claims that his lenses are constructed of pebbles, or crystal stones. If his claims were not false, he should be distrusted. The frames of spectacles should be of blue steel, light, strong, and perfectly fitted to the wearer. They should be kept perfectly clean; and this should be accomplished by the use of soft wash-leather, and not by linen handkerchiefs, which are apt to scratch the lenses by the small particles of silicious or other hard substances which they hold.—*Boston Journal of Chemistry.*

ON HYSTERIA AND AMENORRHEA.

In a paper read before the Dublin Obstetrical Society, Dr. F. T. Porter said:

I consider hysteria to be a most unsuitable expression for a group of disorders by no means confined to one sex. The epoch of puberty bears a strong resemblance to that of dentition; in both there is an increased development of the nervous centres, and a specialized evolution of nervous force. The so-called hysteria is referable to the increased nervous activity which, during puberty, is common to both sexes.

Practitioners are not alive to the advantage of observing the phenomenon of puberty. It is probable that, owing to nervous disturbance, as many organic diseases are induced during the accession of puberty as there are during that of dentition.

I have not much faith in the drug-treatment of an emotional disorder like hysteria; but I prefer the valerianates, hemlock and lupulus, to the bromides. I consider the bromides to act most injuriously in hysterical cases. Their exhibition tends to derange digestion, to deprave the blood, the weaken the heart and to retard menstruation. The devotion with which many practitioners adhere to the use of the bromides is a melancholy instance of the evil effects