

as the visual axis converges when objects are held near the eyes, frequent repetitions of this may end in strabismus. And I may here remark that strict attention should be paid to the position of the infant's sleeping cot, and to the attitude in which it is placed in its nurse's arms. The eyes of the infant ever seek the light, and many an unsightly cast has been entailed on a child by its being always placed with one and the same side to a candle or window. The light in the nursery should not be too much on the one side of the cradle, nor should a candle or lamp, in the evening, be so placed that the eyes of the child are distorted when looking at it. There is sound judgment in printing children's books in good bold type, in encouraging them to observe distant objects, and in inviting them to describe what they see in landscapes.

Near-sighted children are often fond of books, and love to pore over some favorite story in a quiet corner, for hours together. They should be watched and compelled to hold their heads ten or twelve inches from the page; and the same in the school-room. Such children are obliged, during music lessons, to lean forward in a very unseemly manner, to distinguish the notes. To obviate this, a sliding bookstand should be attached to the piano, and should be drawn forward when the child is practicing. As, however, some musical instruments will not admit of such an arrangement, spectacles of a low power may be used at that time, and at that time only, and the lesson should not exceed half an hour, without a pause of a few minutes for the eyes to rest.

Insufficiency of light in rooms where children receive instruction, or where they are taught mechanical work, is a cause of near-sight, and, occasionally, even more serious mischief. Care should, therefore, be taken that school and working rooms should be properly and sufficiently lighted.

Clean Water.

Notice that Dr. Letheby, an eminent English authority on sanitary science, whose views on drinking water have been summarized by the *British Medical Journal*, considers moderately hard water better suited for that purpose than that which is very soft—an opinion which is confirmed by that of the French authorities, who took the Paris water from chalk districts instead of from sandy strata.