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## Editorial Department.

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### Short Sightedness.

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IN Phillip's Ophthalmic Surgery, there is some good advice on this subject which we give our readers, as they are not likely to see the original book, or read it if they saw it. The writer describes *myopia*, which is the technical name for this condition, as that state of vision in which a person can see objects perfectly only when they are at a very short distance from the eyes; nine inches, or less, being the greatest distance at which objects can be plainly seen.

Near-sighted persons are apt to stoop while engaged in study. To avoid a practice so injurious to the figure and health, they should use a high desk when reading or writing; and if glasses are indispensable, such only should be used as just suffice to enable the parties to pursue their occupations at the ordinary reading distance, that of fourteen inches. Small type, sketches, microscopical pursuits and objects, requiring close inspection, should be avoided; the individual should overcome his natural tendency to a cramped hand, and write boldly and freely; and be the pursuit what it may, in which he is engaged, the greatest possible distance should be maintained between the eye and the object.

In all cases of *myopia*, or short-sightedness, and especially in early life, or when the affection is just commencing, it is highly important that any tendency to an over-supply to the eyes should be counteracted by a proper amount of bodily exercise, and every opportunity should be embraced for exercising the eyes on distant objects. Near-sight is comparatively rare in persons engaged in agricultural pursuits, and is almost unknown among those uncivilized nations whose eyes are constantly practiced in nomadic warfare or the chase.

Near-sight may be acquired in early youth by the habit common to infants of approaching their eyes very close to any object on which their attention may happen to be engaged. Observe a group of children learning to write or draw, almost all their faces sideways and their tongues in one corner of their mouths, nearly touching with their cheeks the paper or slate on which they are laboriously accomplishing their task. Many infants have been rendered short-sighted, and many have acquired squints, from constantly playing with toys;