

This going on from month to month may and does permanently injure vision and even destroys it. One of the elements in the production of eye disease in both its outer and inner structures is the use of too fine print. Donders, the highest authority on the subject, says:

"The distribution of nearsightedness chiefly in the cultivated ranks points directly to its principal cause: tension of the eye for near objects. Respecting this fact there can be no doubt."

Three factors may here come under observation:—

"First, pressure of the muscles on the eye-ball in strong convergence of the visual axes; second, increased pressure of the fluids resulting from accumulation of blood in the eyes in a stooping position; third, congestive processes in the eye which, tending to softening, give rise to extension of the membrane. Now, in connection with the causes mentioned, the injurious effect of fine work is by imperfect illumination still more increased."

"To this is to be ascribed that in schools where, by bad light, the pupils read bad print, or write with pale ink, the foundation of near-sightedness is mainly laid, which in fact, is usually developed in those years."

To the adult there may seem some exaggeration in this. The reader is presumedly an adult, or an adolescent, and in his own person may not experience much inconvenience from causes here specified. If you are semi-sceptical in the matter, reader, remember that the child is under different conditions from yourself. The child must complete certain specified tasks within an assigned time. His eyes are often used without sufficient interruption for hours together. Now, since "variety's the spice of life," there should be frequent interruptions to study. Such variety is as much a necessity to the eye as any other organ. Continued tension unduly exhausts

the energy of an organ. The very act of reading could not be endured for longer than a few moments if the eye did not rapidly change its position from letter to letter and from line to line. The more fixed the gaze, and the narrower the field of view, the greater the danger.

Again, if too fine print be injurious to sight, the other extreme of too large print is also fatiguing, because to get over the same amount of matter there must be greater movements of the eye-ball. This is still more the case if the page be wider than usual as it commonly is. Consider the difficulty we have in reading a handbill in which there is a succession of large type. We experience difficulty in such cases in finding the next line. A page with two columns in it is preferable to the same width of page with lines running all the way across. Where double columns exist however the type is apt to be smaller than in a single column. Hence the recommendation of the double column page must be qualified by the size of its type. The distance between the lines should not be less than one-eighth of an inch; and if a double column page be used should be almost double this.

What is known to the printer's craft as "broad-faced" type is preferable to the light-faced. This is because there is a greater contrast between the white paper and the dark letters in the former case. Where the contrast is not so marked, the page must be brought nearer to the eye with all the attendant evils already explained. There is nothing more wearying to an eye than a blurred image always given by faint type or blurred printing. The quality of the ink makes a vast difference.

As to paper, some experiments in Germany go to show that white paper with a slightly yellow tinge is to be preferred. True, there should be as strong a contrast as possible between the letters and the paper, yet there