

of home studies. Instruct them never to pore over a book, but to keep the head erect, and, at the first symptoms of dim-sightedness, to let the eyes rest upon some distant object, till the optic nerve has recovered from the short-range strain. The hues of the forest have a wonderfully strengthening influence upon weak eyes, almost like its air upon weak lungs; a woodland excursion is like a return to our native element, the birthland to whose life conditions the organs of our ancestors were originally adapted Health.

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