of home studies. Instruct them never to pore over a book, but to keep the head erect, and, at the first symptoms of dimsightedness, to let the eyes rest upon some distant object. till the optic nerve has recovered from the short-range strain⁷ 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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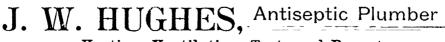
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