

Myopia, or Near Sight.

THE vision of the myopic eye is conditioned by space, in not being able to see clearly any objects which lie *beyond* a definite distance.

Hence we see short-sighted people hold objects to be examined *close* to the eyes.

When a person is able to read small print *easily* and fluently in the hand, and has not the normal standard for *distant* vision, we may at once infer that he is a subject for Myopia.

When Myopia is once established, and unless its influence is speedily counteracted, it provides for its own increase by the effect of convergence effort, and it may attain a considerable degree before even its very existence is discovered by parents of only ordinary observation.

The best thing that be done in the treatment of children so suffering is at once to stop their reading and all use of their eyes for near objects as much as possible, and make them use their eyes for distance. Encourage them in out door exercises, and after a time, when the improvement which is sure to follow this treatment ceases, and the patient's health is good, a proper pair of glasses can be worn and the studies gradually resumed.

Great care will, however, have to be taken that children do not become too studious. Out-door exercise must still be taken, and the eyes well-used in looking at distant objects.