

minute. Much reading or fine work by any artificial light is injurious to the eyes. The electric light is the least objectionable. Late hours, with artificial lights, and losing a large part of the early daylight in sleep, is probably worse for the eyes than for any other part of the body. Plenty of sleep is essential to the preservation of the eyes.

After steady hard work with the eyes for a long time, and when they feel tired, it is a good practice to bathe them well, that is the lids, with water at a temperature above blood heat, or just as warm as can be borne with comfort—on the hot side, but only agreeably hot.

The eyes should be well bathed at least once a day in cold water; and once a day is probably as often as is desirable. But we are opposed to the practice of washing the inside or ball of the eye, as we see sometimes recommended; that is, of opening the eyes and shutting them, or winking, with the face or eyes in water, either warm or cold. Ordinary water is too irritating for the delicate membrane covering the eyeball. The natural fluid secreted by the lachrymal gland—the tears, are usually sufficient to keep the eye ball itself in good and clean condition. We have known harm to result from using water in this way. Water applied only to the outer surface is enough.

MISCELLANEOUS NOTES AND SELECTIONS.

MISDIRECTED PHILANTHROPY—Dr. Collanmore at the recent Ohio state Sanitary Convention said:—The medical men here present will testify that never have donations by private individuals to the cause of medical education been more freely offered than for the past few years. If the public thus appreciates the advantages of contributing toward the cure of disease, so much the more ought it to recognize the desirability of the prevention of disease. And yet you are aware that this is by no means the case. The organization of instrumentalities for the furtherance of sanitary science progress but slowly. The