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THE SCHOLAR'S EYE.

X.

THE EYE IN ITS RELATION TO LIGHT.

Lights should not come from the front.
—It is a fact well enough known that when the eye is exposed to a bright light the pupil contracts; when to a dim light, it expands. The reason why we do not see as well on first entering a darkened room is because we must wait until the pupil has enlarged. Should the light come from the front it causes the pupil to contract, and this becomes an evil when the source of light is brighter than the illuminated page. In such case we have what is known as "glare," which is very irritating to the eye. In such case the glare causes contraction of pupil, so that too little light enters it from the page, and so we soon have the weariness caused by too little light superadded to the worry caused by the "glare"—and this too where there is too much light—paradoxical as it may seem. The use of a shade does away with this in part. Where a shade is not in use we instinctively make a temporary one by holding the hand with its upper

edge upon the forehead and lower edge projecting forward and downward, so as to partly cover the eyes, and so protect them from the light which comes directly from the source of illumination and allow them to receive that which comes by reflexion from the surface illumined.

Light should not come directly from behind.—This is chiefly because the shadow of the body diminishes the illumination. True, the shadow may not be well defined, yet its effect is as stated.

Light should not come directly from above.—Where it does come from above, we are compelled to have the page about horizontal, otherwise it is not so well lit as it should be. Now, to have it so is objectionable. It is sure to cause a stooping posture in the child, itself an evil which should be avoided and is commonly avoidable. If to avoid stooping the page is raised to a considerable angle, we diminish the illumination of the page. It is a scientific fact that when a pencil of light falls upon a plane surface it illumines it most when a perpendicular at any