

and wearing refractive glasses. A hypermetropic or far-sighted eye is so called because the nearest point of distinct vision is farther from the eye than is normal. Its antero-posterior diameter is shorter than the local distance of its refracting media, and the retina lies within the focus. A double convex or condensing lens of greater or less power is required to assist the natural lens, to shorten its focus and bring it on to the retina. This kind of refractive defect requires the wearing of presbyopic or old-sight glasses earlier than either the normal or near-sighted eye.

It is often a very hurtful mistake to delay the wearing of glasses as long as possible. Properly fitted glasses are beneficial just as early as comfort and ease in the use of the eyes and distinct vision require them. High degrees of hypermetropia require glasses to be worn all the time, even by very young children. It is mistaken sometimes for near-sightedness, because objects are held close to the eyes before vision is distinct.

A myopic or near-sighted eye is erroneously thought by many to be a very strong eye. It is essentially a weak eye, and generally grows worse. Myopia may be acquired by long-continued use of the eye on close objects. Statistics show its increase to hold a close relation to the higher intellectual attainments of a people or nation. The axis of the eye is too long; the retina is behind the focal point of the refracting media; hence a concave or dispersing glass is required to throw the focal point further back. Low degrees of myopia need glasses only for distance; but high degrees require them for reading also. If the patient is a musician or artist, a glass must be adjusted for the desired distance. Myopes of low degrees may in old age need a convex glass, but in certain degrees never need old sight glasses; because they make use of their far point in all near work. More complicated and difficult cases, both for testing the eye and in grinding the glasses, are those described above as astigmatism. Here two glasses will have to be combined, each correcting a meridian of the eye separately. One of these glasses is called cylindrical, because it is a section of a cylinder, and corrects only in one meridian. Spherical glasses correct in all meridians.

If an eye is more myopic in one meridian than another, a concave cylinder is combined with a con-

cave spherical. In some cases two cylinders at right angles answer best. Hypermetropic astigmatism is corrected in the same way, using convex glasses. When the same eye is both near-sighted and far-sighted at the same time, concave and convex glasses must be combined, one or both being cylinders. When the natural lens has become opaque it is called a cataract. It lies immediately behind the pupil, causes it to look white, and as completely obstructs the ingress of the rays of light into the eye as a curtain drawn down over a window. No glass can help the sight in this condition. After the cataract is removed, strong convex glasses, a pair for distance and a pair for near, frequently restore the blind once more to see the faces of his friends and his books. Colored glasses, blue or London smoke, the latter being preferable, are non-refractive, and are used only as protectors to weak or sore eyes.

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A FATHER'S COUNSEL.

A FATHER'S counsel is good for his children. Blessed are they who obey it! Our Heavenly Father's counsel is good for the sons and daughters of Adam. Blessed have been the nations who have sought it and practiced it! And greatly blessed would be the nations of the earth today if they would seek unto the Prophet of God for the mind and will of God to guide them in their duties. But the counsels to which we now call special attention are those given by the father of this country, George Washington, in his "Farewell Address." Here are a few of them:

"It is of infinite moment that you should properly estimate the immense value of your National Union to your collective and individual happiness; that you should cherish a cordial, habitual and immovable attachment to it; accustoming yourselves to think and speak of it as the palladium of your political safety and prosperity; watching for its preservation with jealous anxiety; discountenancing whatever may suggest even a suspicion that it can, in any event, be abandoned; and indignantly frowning upon the first dawning of every attempt to alienate any portion of our country from the rest, or to enable the sacred ties which now link together the various parts."

"In contemplating the causes which may disturb our Union, it occurs, as a matter of serious concern, that any ground should have been furnished for characterizing parties by geographical discrimina-

tions—northern and southern, Atlantic and western; whence designing men may endeavor to excite a belief that there is a real difference of local interests and views. One of the expedients of party to acquire influence, within particular districts, is to misrepresent the opinions and aims of the districts. You cannot shield yourselves too much against the jealousies and heartburnings which spring from these misrepresentations; they tend to render alien to each other those who ought to be bound together by fraternal affection."

"The very idea of the power and the right of the people to establish government presupposes the duty of every individual to obey the established government."

"All obstructions to the execution of the laws, all combinations and associations, under whatever plausible character, with the real design to direct, control, counteract, or awe the regular deliberation and action of the constituted authorities, are destructive of this fundamental principle, and of fatal tendency. They serve to organize faction, to give it an artificial and extraordinary force—to put in the place of the delegate will of the nation the will of the party, often a small but artful and enterprising minority of the community; and, according to the alternate triumphs of different parties, to make the public administration the mirror of the ill-concerted and incongruous projects of faction, rather than the organ of consistent and wholesome plans digested by common counsels and modified by mutual interests."

"Towards the preservation of your government, and the permanency of your present happy state, it is requisite not only that you should steadily discountenance irregular opposition to its acknowledged authority, but also that you should resist with care the spirit of innovation upon its principles, however specious the pretexts. One method of assault may be to effect in the forms of the Constitution alterations which will impair the energy of the system, and thus to undermine what cannot be directly overthrown. In all the changes to which you may be invited, remember that time and habit are at least as necessary to fix the true character of governments as of other human institutions; that experience is the surest standard by which to test the real tendency of the existing constitution of a country—that facility in changes upon the credit of mere hypothesis and opinion exposes to perpetual change from the endless variety of hypothesis and opinion; and remember, especially, that for the efficient management of your common interests, in a country so extensive as ours, a government of as much vigor as is consistent with the perfect security of liberty is indispensable. Liberty itself will find in such a government, with powers properly distributed and adjusted, its surest guardian. It is, indeed, little else than a name where the government is too feeble to withstand the enterprises of faction, to confine each member of the society within the