

the absurdity in the leg suggestion, and yet many physicians do not see that the expectations from the eye rest is equally preposterous.

How many thousands in this country to-day are impatiently and uselessly resting eyes that pain when put to near work, when a pair of properly adjusted spectacles will correct the evil?

Nearly every day I restore some restless patient to his work, who had sought in vain relief from eye pains in rest; or I assist some ambitious person, who having acquired an enviable start in life, feels that his painful eyes have become barriers to further study and prospective promotion. Daily by the use of properly selected glasses I cure headaches of years' duration, and which have resisted every species of medication. In so doing I have often been able to satisfy anxious patients that their brains, stomachs, livers, kidneys, or uteri have been accused wrongfully of producing the headaches, and that these have ever been innocent and healthy organs. The following remarks I have frequently heard from patients to whom I had recently prescribed astigmatic glasses. "For one week, ever since I put on the spectacles, I have been free from headache, and it is a freedom that I have not had before for years.

Although most a stigmatic eyes cause headache and eye pains, if the eyes are much used in fine work, especially by artificial light, I find cases of faulty refraction from astigmatism in which headache is not and has never been an annoying symptom.

In some astigmatic persons a strong muscular development enables them to conceal the corneal irregularity. Should any disturbance of the system temporarily weaken this muscular power, the eye muscles, along with the other muscles of the body, are weakened and unable to keep up their work, then are pains induced. If it be a bilious or gastric disturbance, its temporary influence over the muscles is mistaken for the actual cause of the headache, when it is only the indirect cause, permitting the latent trouble to become manifest. If the astigmatism did not exist in a concealed form, there would be no headache on use of the eyes during these general disturbances.

Again in nervous persons, especially in females, I have found great suffering about the head and eyes, clearly traceable to a small degree of irregular refraction, and promptly corrected by the constant use of carefully adjusted cylinder lenses.

The report of a case with which I will close this paper is one of unusual severity in effects, although a high degree of astigmatism did not exist. Such extreme discomfort as this lady suffered is fortunately not often found. The case is also peculiar from the length of time that she suffered before her eyes were suspected of being the source of the trouble. In this age of diffusion of medical knowledge, by means of many medical journals, physicians are on the alert to distinguish eye headaches from the headaches caused by other organic disturbances, and usually at an

early day invoke the aid of the specialist in eye diseases to remedy the evil. In her own case, several years elapsed in testing newspaper remedies for headache, having lost faith in physicians from her earlier medical experiences. The case, however, will illustrate the efficacy of proper glasses in relieving even years of suffering.

Mrs. F., aged 38, the mother of several children, has been a martyr to headaches since childhood and during the past 13 years, since her married life, has been often nearly crazy from them. Any close eye work, continued for even a short time, would send her to bed with a raging headache. On an average, she has spent one day out of every week in a dark room, and that has been kept up for months at a time. If she felt bright and applied herself to complete any piece of needle work, so necessary with a growing family, she never failed to pay the penalty in severe head and eye suffering. When she came first to my office, she frankly told me that she had come because she had been advised, not that she expected any benefit, for she had no faith in any curative agent whatever, having years since exhausted them all without finding any relief. She gave me this very clear history of her case. "Dr. A. has always been my family physician, and in him I have every confidence. Having in my early married life exhausted his skill in vain attempts at relieving me of my suffering, he gave up treating me for these headaches many years ago. Under his advice I had consulted Prof. B, you know him to be one of our leading practitioners. He acknowledged that I had a good family doctor, but thought that something might have been overlooked, and that he hoped to find me a remedy. He varied his medicines, as one after another failed to procure me relief, and finally he advised a visit to the seashore. I spent six weeks at Cape May, and while there rested my eyes from all work, eschewing both reading and sewing. I returned home with body invigorated by the salt baths, and was free from pain. As soon as I commenced using my eyes in sewing, all the old distressing symptoms returned. My family physician and friend, seeing me in some of these terrible attacks, advised me to consult another physician, Prof. C, who you know has the reputation of being a very skilful physician. He had me under his professional care all winter and spring. Summer found me no better. Any use of the eyes in sewing or reading sent me to bed with twenty-four hours of suffering before me. He finally advised a course of mineral waters, and sent me to the White Sulphur Springs of Virginia. There I spent two months, which improved me much in health. In the fall I returned to Baltimore looking and feeling well. A very few days of housekeeping showed me that the long rest at the springs and the drinking of sulphur waters had brought me to no permanent good. My head at times ached as badly as ever.

"I now despaired of ever getting relief, because