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## *Original Contributions.*

### **MASSAGE AND THE RELIEF OF EYE-STRAIN IN THE TREATMENT OF GLAUCOMA.\***

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FOUR years ago†, I wrote concerning Glaucoma as follows: "Massage, properly and intelligently applied, would seem to be the most clearly indicated therapeutic measure to break up mechanically the clogging process, stimulate additional secretion of diluting and digestive fluid, and arouse normal function generally. I have had but one case of glaucoma since groping my way to this theoretic conception of the disease, and that was a typical case in which vision had been reduced to 20/100. I began by teaching the patient to some extent the principles, and accurately the manipulations, of massage of the globes of the eyes. There had been no considerable response of the pupil or of the glaucomatous process to eserine. Before proceeding to iridectomy I determined to try massage, and from the day it was instituted improvement began and the vision steadily rose to 20/30, with entire cessation of all the symptoms except that the paralyzed iris still remains somewhat mydriatic and wholly immobile."

During the last four years I have tried the same plan, coupled with the relief of eye-strain by appropriate glasses, in a number of cases, of which the following may serve as illustrations:

CASE 4255.—A man of fifty-two consulted me on April 2nd, 1896, with incipient stellar cataract of both eyes, a myopia of R. E.

\* Read before the Canadian Medical Association, August 30th, 1899.

† "A Study of Muscæ, with Suggestions as to the Physiology of Intraocular Nutrition, the Etiology of Cataract, Glaucoma, etc." *The Medical News*, September 14th, 1895.