

CANADA MEDICAL · RECORD

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Original Communications.

ARTIFICIAL LIGHTING OF PUBLIC BUILDINGS AND PRIVATE HOUSES, AND ITS EFFECTS UPON THE HUMAN EYE.

In three parts, with Illustrations.

(Concluded.)

III.—REMEDIAL SUGGESTIONS.

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Those of my readers who remember my last article will recollect that one of the chief difficulties which near workers, whether students, typewriters, bookkeepers, stenographers, etc., may have to contend with lies in defective illumination. I pointed out that all kinds of near work, whatever they may be, should be pursued under conditions most favorable to the conservation of sight, and that these conditions ought to approach as nearly as possible that of diffused sunlight so shining upon their tasks that neither direct nor reflected rays fall upon the retina. I feel inclined to put the