

even go as far as to eliminate certain extravagances, only to relapse into his old ways as soon as the times get better.

But in the case of a working-girl or a day-laborer, the shortage of one dollar a week very often means a calamity, and the continuous waste of such a small sum spells utter ruin to them.

That is the reason why we see so many people use their evidently faulty and uncorrected eyes without evil results. But the loss of health is there just the same. No amount of cleaning the sewers, or overhauling the furnace, or looking after electric wiring, not even a surgical operation on the back porch will remedy the extravagance, except the prevention of the leak. The only way to stop the leakage of health through the eyes is proper and most careful correction of the error by means of scientific glasses.

Nature does not talk to us in words, but in sign-language. To study medicine is essentially learning to understand a few of nature's signs. The more signs we understand the better diagnosticians we are. Until lately the sign-language of the eye was practically meaningless to us and therefor neglected, when Dr. Gould happened to get a clue by a few clinical cases reported by Dr. S. Weir Mitchell and one or two other physicians and starting from this clue he deciphered so many important signs, that a new chapter was begun in the history and practice of medicine.

Firstly Gould brought out forcefully the idea about functional diseases originating organic diseases.

Secondly, he dwelt upon the significance of eye-strain in the local diseases of the eye. Conjunctivitis, blepharitis, muscular imbalances, paresis, ulcerations of the cornea, iritis, senile cataracts and glaucoma are partly or wholly proven to be the ill-results of perpetual innervation.

Thirdly, Gould discovered the greatest and generally overlooked influence of ametropia (faulty vision) and incorrect posture of school children in writing in producing spinal curvatures. This is brought about through the effort of astigmatic eyes to see vertical lines clear and correct. Most everything on earth has its principal lines vertical. Where the axis of the astigmatism is not vertically located, but slightly to either side, the person so afflicted will tilt his head slightly in order to bring his "off-axis" in a vertical position, but in order to counteract this tilt and to bring his head back to the vertical position he bends his spine in the opposite direction and so produces functionally a curvature of the spine (scoliosis), which gets to be organic between the ages of 15 and 20.

This scoliosis cannot be greatly relieved by braces, instruments, massage or gymnastics, but it can be *prevented* by wearing *correct* glasses.

Dr. H. A. Wilson writes in the *N. Y. Med. Jour.*, 1906: "It is an