

compound hyperopic or myopic astigmatism, is always associated with normal or nearly normal vision; and also with the greatest functional disturbance of the nervous system.

The greater the variation of the axis of a cylinder from its physiological position the greater the disturbance of the nerve centres; and also it is as marked if the deviation in one eye is exactly opposite to the deviation in the other.

In cases where the vision is normal, which, of course, does not imply a normally refracting eye, the nerve-centre disturbances are often very pronounced. This is due to the fact that, as by an exertion the eye can focus well, and as it abhors any approach to a circle of diffusion, it always strives to overcome it. Especially is this the case where it can almost or completely accomplish it. Hence the reply, "I can see well," is only often a sign that the eye may be the origin of acute suffering.

Now, as to the disturbances affecting many parts of the body, I shall mention some of them. Of headaches, 60 to 80 per cent. are due to eye-strain. Again, the only complaint may be a languid, listless state of the nervous system, unassociated with any other symptoms, and the statement that the eyes are always quite easy. It is in this type that the true cause, viz., eye-strain, is often completely overlooked. Even when it is found out and demonstrated, very difficult is it to convince the physician that such passive lethargy and weakness of the whole nervous system can be due to this cause; for, as he remarks, the eyes and head do not, by their symptoms, as is the usual rule, draw any attention to eye-strain as a cause.

Marked digestive disturbances of the stomach, associated with pain, vomiting; disorders of the bowels of various kinds, as pain, constipation, diarrhea; great mental depression, leading up to threats of suicide even; severe and agonizing pain in one part of the head like the most intense neuralgia, even requiring hypodermic injections of morphia to allay; ringing in the ears; great dizziness; inability to fix one's mind on any subject; epileptic fits; a condition of optic neuritis in hyperopic eyes; all these, and more, may arise from eye-strain. In regard to the testing of eyes for glasses, it is a fact that the more experienced the oculist is, the more careful is he, for he realizes how difficult it often is to make an eye take the proper glass.

It must be thoroughly understood that because an eye can be made to see normally 6-6 or 20-20, therefore the glass with