



FIG. 1.

writers and other "near" workers suffer from ocular troubles brought about by the amount and kind of visual effort they are called upon to put forth.

These difficulties of vision are many. Some of them inhere in the eye itself, some in the kind of work undertaken, and others in the worker's surroundings. Most of these drawbacks may, with ordinary care, be overcome, but it is to be confessed that there are others which must be regarded in the light of inevitable evils. For example, as long as the morning paper flourishes, just so long is it in the nature of things impossible to avoid the necessity of doing continuous near work on the part of printers requiring sharp vision, by means of artificial light. And yet even when this illumination is of the best, both as to quality, source and position, it never can equal natural light. For it must be remembered that the retina and choroid are adapt-

ed to the peculiar rays of sunlight. The sun's rays are, indeed, the natural and proper accompaniment of normal vision. The absorbing powers of the dark pigmented choroidal coat and the average sensibility of the retina are adjusted, so to speak, to the diffused white rays from the sun. Fatigue of the retina, with all its evil consequences, may be equally induced by too much or too little light. One should neither look at the naked sun nor read fine print in a cellar. The writer well remembers a case of acute inflammation of the eyes produced upon a companion, who, unaccustomed to light reflected from snow, crossed the Mer de Glace on a bright summer day without the ocular assistance of tinted glasses. On the other hand, the small German schoolboy acquires most of his knowledge—and his myopia—by that (to us Americans) "light of former days," the "penny-dip." It is not too much to say that thousands of clerks, students, typewriters, compositors, proof-readers and other near workers on this continent persist in doing or are obliged to do their work in the presence of lights which are almost as hurtful to the vision as these. One may take as the standard of normal illumination diffused or indirect white sunlight