

infinitely greater deviations from the normal without setting up any noticeable mischief.

As a rule, those who suffer considerably from slight ocular defects are neurotic subjects, in whom minor ailments are apt to make more show than serious ones do with those whom nature has endowed with vigorous nerve power. But there are visual abnormalities which even the most vigorous cannot bear up against without suffering, more particularly when any unusual demands are made on the organs of vision, or when from any cause the general health becomes deteriorated. In such persons the true nature of the troubles they experience is exceedingly apt to be overlooked unless the eye symptoms happen to predominate, which by no means always occurs.

I have said the elements which may unite to produce eye strain, though simple in themselves, constitute a complex condition when so combined. Let us consider the most important ones separately, always bearing in mind that several may be combined in the same individual.

First of all come the errors of refraction—myopia, hyperopia and astigmatism. Next we have defective muscular action both of the extrinsic and intrinsic muscles of one or both eyes, in which any one or more of these may be implicated. Lastly, there may be faults in the perceptive organs—that is, of the retinae and their nerve centres. This third division we may leave out of the question, as a consideration of this part of the subject would take us beyond the limits of a short discourse.

It is the physiological demand for binocular vision and for distinct vision that under certain circumstances induces eye strain and consequent headache. We must therefore direct our attention chiefly to the muscular apparatus, any portion of which may be defective in power, or, what amounts to the same thing, the demands made upon it may for various reasons be greater than it can bear.

In hyperopia and in astigmatism the chief demand is for distinct vision, hence the ciliary muscle is liable to be overtaxed, and there will be accommodative asthenopia. In myopia, the muscles of convergence are placed at a disadvantage, and we are more likely to meet with so-called muscular asthenopia.