
Rank _____

2729

1889

127

667

76.1

This is a remarkable demonstration of the precision values of this method of treatment. That 667 or 76.1% of the 922 pupils before normal (20/20) should have been improved in eyesight is a truly marvellous showing. The record of improvement is suggestive of what a very faithful and systematic application of these health principles may accomplish.

Not only does this work place an additional burden upon the teachers, but, by improving the eyesight, health, disposition and morality of their pupils, it surely lightens their labors.

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine. If space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q.—(1) Does working by artificial light affect the eyes? I work all day by electric light—I am a bookkeeper, and suffer a great deal from my eyes. I have been fitted with glasses, but cannot wear them. I feel that my eyes, instead of getting better from wearing them, get weaker. (2) What I get out to the street after working I cannot stand the glare of the sun, and must keep my eyes half-closed; otherwise I suffer a great deal of pain. Is it so because of my eyes being accustomed to the artificial light? It is not so on Sundays. (3) Is it advisable to wear an eye-shade while working?—S. S.

A.—(1) Working by artificial light should not injure the eyes. If it does, it is because you are straining them. The idea that the light is injurious may cause you to do this. If you think of it as soothing and beneficial, it may have the opposite effect. You are right in thinking that the glasses injure your eyes. (2) The sun hurts your eyes when you go out on the street after working because you have been straining to see, not because you have been working by artificial light. Because you strain less on Sundays the sun does not hurt you. (3) It is not advisable to wear an eye-shade while working.

Q.—Can the shadows of objects be corrected?—F. C. K.

A.—Yes. It can be cured by the same method that are employed to relieve strain in other cases of imperfect sight.

Q.—Do you get as much benefit from gazing at the sun through a telescope as you would outdoors? I have read that it did so good to take a telescope through glass.—E. C. H.

A.—Yes. The strength of the sunlight is not appreciably modified by the glass.

J. Bates, Myopia Prevention by Teachers, N. Y. Med. Jour., Aug. 30, 1913 [184]

Proctor's Law
corrects myopia
corrects myopia
corrects myopia

corrects myopia