

Equally of no value is the testimony of the incompetent observer. Look for the eye-strain cases among those with normal vision, who have a train of reflex symptoms referable to this cause. It is the *error*, and not the *degree* of error, that sets up the trouble and the necessity of fully satisfying the error in the correction.

The constant expenditure of nerve energy required to hold accommodation up to the point where physiological vision obtains, draws upon nerve force that should be supplied to other parts to maintain a harmonious relation of the normal reflexes and subconscious acts. In other words, the distribution of energy is unequal, too much force is being sent in one direction, so that the physiological relation of normal distribution is disturbed, resulting in suffering to other organs within the circle in which the eye plays its part as an end organ. *Neutralise the error, completely satisfy it.* Cover it so that the eyes work in a harmonious physiological relation. The correction of errors of refraction by glasses is the only place in surgery where an artificial appliance resolves a defective organ into a physiological one. Glasses are sometimes likened to crutches. There is no similarity whatever. Crutches are worn to help out a defect or to give rest while a diseased or injured part restores. Glasses restore a lacking factor, they resolve a state of irregularity and tension into a normal condition of rest and harmony. Glasses are applied then in these cases not to improve sight, but to supply to the eye what accommodation must accomplish by an enormous waste of energy and accompanying suffering.

These facts, which are now generally accepted by medical men, explain the grave importance of the demand which is now being made, that all Board School children should have their eyes examined by an expert oculist, and glasses ordered if they are found to be necessary.

NASAL DISEASES AND HEADACHE.

In all cases of persistent headache, examination of the nose should be a routine practice. Suppuration in the accessory sinuses and marked nasal obstruction should be thoroughly treated. Small spurs and deviations should be left alone. If the middle turbinates are enlarged and pressing upon the septum, especially upon the tubercle, and if all other possible causes of headache have been eliminated, partial removal of the hypertrophied bone should be advised, since in many such cases complete relief is given.

Appointments.

MATRONS.

Miss Annie Easton has been appointed Matron of the Montgomeryshire Infirmary, Newtown. She was trained at the Royal Infirmary, Manchester, and has held the following posts:—Sister of Wards, Greenwich Infirmary, Night Superintendent, Shore-ditch Infirmary, and Superintendent Nurse at the Walsall Infirmary. Miss Easton holds the Apothecaries Hall Certificate, and will take charge of the dispensary both for the in- and out-patients.

Miss Mary Bemrose has been appointed Matron of the Great Yarmouth Hospital. She was trained at the Union Infirmary, Leeds, and has since been Nurse at the Cumberland Infirmary, Carlisle, Charge Nurse at Stockton and Thornaby Hospital, Stockton-Tees, and Matron of Ebbw Vale Hospital.

Miss E. C. R. Philp has been appointed Matron of the Northern Infirmary, Inverness. She was trained at the Royal Infirmary, Edinburgh, and has also held the position of Assistant Matron at the Royal Berkshire Hospital, Reading.

NURSE-MATRONS.

Miss Florence Keene has been appointed Nurse-Matron of Penistone District Isolation Hospital, Sheffield. She was trained at the Monsall Fever Hospital, Manchester, and at the Derbyshire Royal Infirmary, Derby, where she has held the position of Sister.

SISTERS.

Miss Ewbank has been appointed Sister at the Clapham Maternity Hospital. She was trained at the Royal Hospital, Salford, and for midwifery, at the Kensington Infirmary. She has since been Charge Nurse at Ecclesall Infirmary, Sheffield, Charge Nurse at the Fountain Fever Hospital, Tooting, Night Superintendent at the Union Infirmary, Wolverhampton, and Charge Nurse at Dartford Infirmary.

SUPERINTENDENT NURSE.

Miss Gertrude Hall has been appointed Superintendent Nurse at the Aylsham Union Workhouse Infirmary. She was trained at the Chorlton Union Hospital, West Didsbury, Manchester, and has been Head Nurse at the Thetford Union Infirmary.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Sister Miss M. G. Hill, R.R.C., is retired on a pension on account of ill-health.

The undermentioned ladies to be Staff Nurses (provisionally):—Miss Martha Antrobus, Miss Eliza Finch Armstrong, Miss Mary Brown, Miss Mary Margaret Annie Copinger, Miss Mabel Davis, Miss Helen Baird Derby, Miss Charlotte Daisy Eleanor Frances Dunn, Miss Ethel Kate Kaberry, Miss Mabel Lydia Kaberry, Miss Constance Gwendoline Lees, Miss Margaret Louisa Macartney, Miss Annie Cecilia Mowat, Miss Alice Annie Steer, Miss Amelia Ayre, Miss Mary Cecil Elizabeth Newman.

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