

OUR PRIZE COMPETITION.

NAME SOME OF THE SUPERFICIAL INJURIES TO THE EYE IN INDUSTRY; AND HOW THEY ARE TREATED.

We have pleasure in awarding the prize this week to Miss E. H. Hooker, Nursing Home, 26, Cathcart Road, Redcliffe Gardens, S.W.

PRIZE PAPER.

Some of the superficial injuries to the eye in industry are as follows:—1. Epiphora; 2. Stye; 3. Paralysis; 4. Nystagmus; 5. Conjunctivitis; 6. Blepharitis; 7. Trachoma; 8. Panophthalmitis; 9. Corneal Ulcer; 10. Lime in the eye; 11. Steel in the eye.

1. *Epiphora or tearful eye* is prevalent in both agricultural and mining industries, or produced by a collection of dust, blocking up the tear duct, thereby giving rise to "Lacrymo-Cystitis."

Keep the eye well washed with boracic lotion, and if persistent, resort to, or consult, a surgeon, who will probe the lachrymal duct, or make a slit with a fine probe-pointed bistoury to enable the fluid to drain through the nose.

2. *Stye* is prevalent chiefly in manufacturing towns and low-lying places, the chief causes being *constipation*, brought about by drinking hard waters impregnated with minerals, *anæmia*, *inanition* and *bad sanitation*. The latter three are brought about by such things as strikes, and eating tinned foods.

They should be treated with hot, moist applications, frequent cleansing, tonics, fresh air and plain, wholesome food.

3. *Paralysis* (Ptosis), producing squinting, brought about by a knock on the head, or continual staring in cotton mills or at printing.

Open-air treatment in a restful, peaceful atmosphere for a time is recommended. Sometimes an optician may order rimless glasses.

4. *Nystagmus*.—A peculiar twitching, nervous trouble, chiefly found amongst miners, gravediggers and labourers, through frequent collision of the upper and lower lids. It is also a predominant symptom in syphilis, which is prevalent in all industrial centres.

5. *Conjunctivitis*.—Inflammation of the covering of the eye-ball and the lining of the lids. Chiefly prevalent in towns. Carefully cleanse and shade from the light. Keep everything for same separate.

6. *Blepharitis* or scabby eye is a complication infection produced in bad hygienic surroundings in sweated industrial centres.

Carefully cleanse with boracic lotion or cold tea. Before retiring treat the lids with golden ointment. Patient should use separate towels and sleep alone. Use shade for eye to protect from winds.

7. *Trachoma*.—Little granules, like sago

grains, under the lid. Prevalent in our crowded industrial centres and smoky atmospheres.

A convalescent home in the country, where patient can receive strict treatment from a surgeon, such as painting of lids with nitrate of silver, is indicated; five minutes after the eyes should be irrigated with a weak saline solution, then castor oil dropped in.

If neglected, corneal ulcers appear through the frequent rubbing of the eyelid over the cornea.

For a piece of steel embedded in the eye.—If visible, pick out with fine pair of forceps, afterwards irrigate eye with saline and drop sterilised olive oil. To rest for a few days. Some surgeons will use an electric magnet to extricate a deeply embedded piece of steel.

In a lime kiln have at hand olive oil. If the eye is splashed, drop in olive oil immediately, afterwards thoroughly cleansing with boracic acid.

If an acid enters the eye use soda-bicarb. lotion.

N.B.—In all our industries, chiefly in large cities, syphilis is prevalent, and produces many injuries to the eye. Therefore medical treatment must be obtained in such cases.

For grit in the eye, stand behind the person injured, he being seated, order him to close the eyelids, looking downwards. Administer left index finger (human probe) over upper lid. With right forefinger and thumb draw down eyelashes and turn back the lid over left index finger, cleansing with a sterilised swab or corner of clean handkerchief. Now replace the lid to normal position. This, if done quickly and gently, is an art in itself, which should be known by all in the Nursing Profession so that they may render "First Aid."

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. Turner, Miss James, Miss P. Thomson, Miss T. Miller.

Mr. Ernest F. Hoyer mentions in the *American Journal of Nursing* "Electric Ophthalmia," and says that "almost all great industries use electric welding in these days. The men doing the work occasionally suffer from ophthalmia. They show no symptoms for eight or nine hours, but suddenly have a severe pain in both eyes, the eyelids swell, a burning sensation like a sunburn appears, and their tear-ducts work overtime. The treatment consists of washing the eyes with a saline solution and giving relief with a 2 per cent. cocaine solution. Coloured glasses should be worn for a time, as the patients are very susceptible to any bright light."

QUESTION FOR NEXT WEEK.

Give twelve rules, with reasons, for securing health.

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