matter compatible with safety should be coaxed out of the eye. Many pupils look quite black after lens delivery, but show large amounts of opaque lens substance at the first dressing, on account of the nonremoval of lens fragments at the operation. Careful expression with spoons will remove much substance and this is much safer with the retractors than with the speculum. This procedure can be supplemented by washing out the anterior chamber with an irrigator. For this I prefer my own instrument, consisting of a gold end, shaped like a strabismus hook, with about a foot of rubber tubing attached to an air bag. This apparatus can be operated at the side, which is much better than using a pipette in the upper area of the eye under the brow. By thus operating, lenses, even tho not thoroly hard, can be effectually removed. The iris coloboma should be carefully stroked into place by manipulations on the surface of the cornea.

As a safety procedure I earnestly advocate a preliminary iridectomy, as it divides the attack on the eye and allows the cataract to be removed at the second operation, practically without anterior hemorrhage. I should certainly insist upon this precaution in my own personal case, if I had a cataract.

By observing these (and other) precautions, cataracts that are not thoroly ripe can, I believe, be removed with as much (and perhaps more) safety than with the Smith Indian operation; and it should never be forgotten that many ripe and mature cataracts never develop thoro peripheral opacity. In many cases, the fundus can still be seen quite well and if we waited until complete opacification occurred we would never operate at all.

FRANK ALLPORT.

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TRAINING THE HANDS.

To the Editor: Dr. Rush's little article on "Training of the Hands" in the January number attracted my attention because of the importance of the subject and because of the uninteresting exercises he chooses to gain the desired object.

As he says, there must be mental and physical steadiness. The latter is the result of confidence in one's own knowledge of what he is doing.

Physical steadiness is the result of muscular strength and fine coordination of this strength. There are two amusements that gain all these ends in a most pleasant way, namely the game of tennis and target shooting with the 22-caliber target pistol. I have found nothing harder than to so coordinate all the muscles of the body, those of the outstretched arm, the trigger pull, with the eye holding the sight on a one inch bullseye at 20 yards. When one has learned this so that he can average 88 or 90 out of a possible 100 he need have no fear for his muscular steadiness.

I have also to disagree with him on the subject of size of hands. Mine, I fear, are unduly large but no one has ever accused me of unsteadiness; in fact, just the opposite. One of my confreres here when watching me do a cataract once said he wondered where I concealed the muscle necessary to hold *such* a hand so steady.

Physical weakness and coordination cannot exist together.

Very respectfully,

RODERIC O'CONNOR.

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