



**Danger:** Vodka eyeballing.

## Vodka stunt eye risk

**BRIGID O'CONNELL**  
and **JACKIE SINNERTON**

VICTORIAN teenagers are being warned to stay clear of vodka eyeballing or risk going blind.

A flood of YouTube clips highlighting the fad of pouring pure vodka straight on to the eye has caught the attention of extreme drinkers eager for the promised fast-tracked inebriation.

Some teenagers across the country have been reported to be dabbling in the stunt.

"A mate tried it one night when he was really drunk and showing off, but it had no effect on him at all," one student told the *Sunday Herald Sun*.

"There's always somebody stupid enough to give these things a go, but I don't think that it will take off in Australia.

"You don't get drunk faster because most of the vodka goes on the floor."

Medical director of Med-ownick Laser Eye Clinic, Richmond, Dr Mark Medownick, said the practice was "dangerous and stupid".

"Vodka belongs in the mouth, not the eye," he said. "Direct application of alcohol to the delicate tissues of the cornea can cause excruciating pain, burns and ulceration.

"The mechanism is very similar to welding flash burns, which everyone knows are very painful.

"It may even lead to temporary blindness until the corneal surface heals."

He said ingesting vodka through the eye did not make people drunk quicker.

"The number of blood vessels in the conjunctiva, the outer skin of the eye, is not enough to promote significant absorption," he said.

"The amount of alcohol used is too little to make significant impact on blood levels."

# Shrink struck off

A VICTORIAN psychologist who invited a female patient to live with her family and sleep in her bed has been struck off the medical register after having two inappropriate relationships over four years.

Jean Barnes has been banned from practising for two years, after engaging in relationships with two women — one a patient and the other an employee — between 1996 and 2000.

Both women had revealed to Ms Barnes — who has been suspended since September 2009 — they had been sexually or emotionally abused

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by authority figures in the past. The Victorian Civil and Administrative Tribunal heard that Ms Barnes was manager of a counselling service when she formed a relationship with her employee, whom she had previously tutored.

The pair became "emotionally very close" as they shared poetry and went on a holiday together, before the relationship broke down, leading to unresolved "significant tension" in their workplace.

The second relationship Ms Barnes formed was with a woman she had seen for marriage counselling over more than 34 sessions.

The woman lived in Ms Barnes' family home for just over three years, attending social and church events with the family, while she continued to counsel the woman.

Ms Barnes admitted she engaged in serious unprofessional conduct, by acting as both psychologist and "spiritual mentor", while physically interacting with the woman by stroking her hair, rubbing feet and hugging.

She agreed she had not provided appropriate psychological treatment and did not end her professional relationship with the woman, even after the client confided the therapy sessions caused her pain.

In its findings, tribunal members said Ms Barnes had lacked the insight to realise she did not have the skills to deal with the woman's complex needs, instead relying on her religious-based treatment. Tribunal members said it was "most regrettable" the two women were caused distress from another authority figure from whom they had sought help.



**Comes with driving zone:** Rob Roach, of Benalla, and the new Mitsubishi he will throw in for the buyer. Picture: ROB LEESON.

## 2 bathrooms, 3 bedrooms, 4 wheels

HAVING already thrown in the kitchen sink, Benalla resident Robert Roach is upping the ante and giving away a new car as part of the sale of his property.

The retired butcher will give the buyer of his three-bedroom, two-bathroom Californian bungalow a new Mitsubishi Colt valued at about \$16,000 if they meet his asking price of \$389,000. Mr Roach has spent the past year renovating the bungalow at 66 Clarke St as a retirement investment and decided to make the un-

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usual offer after failing to receive an offer since listing the house in May.

"I've renovated another house previous to this one and the sale went well, but Benalla has gone flat in the past nine months," he said.

More and more vendors and real estate agents are working overtime to pump life into a flatlining market. An Eildon real estate agent has tried to entice buyers by giving away cemetery

plots with any home sale, and in Melbourne an enterprising Noble Park agent recently sealed a deal with a pair of children's bikes after the buyers mentioned they loved the property, but were worried it was a little too far from the nearest school.

"It's about thinking outside the square a little bit," JPP Buyer Advocates' Catherine Cashmore said.

"We see showbags and cups of coffee handed out at open for inspections and it is a subtle way to connect with potential bidders."

## Plea to regulate pain pill

**BRIGID O'CONNELL**

TOP-SELLING anti-inflammatory drugs that can be bought unregulated at supermarkets and petrol stations can increase the risk of heart attack and stroke by 22 per cent, a new study shows.

The warning comes as Victorian pharmacists call for an overhaul of the sale and regulation of non-steroidal anti-inflammatory drugs (NSAIDs), including Voltaren and over-the-counter arthritis medication.

The findings, by Australian, Canadian and British researchers, were published in *PLoS Medicine*. They show that diclofenac — used in Voltaren — increased the risk of cardiac arrest, even when taken in low doses.

And while ibuprofen, used in Nurofen, had the lowest risk of adverse effects when used in small doses, the risks grew as the dose increased.

Melbourne pharmacist and herbalist Gerald Quigley said controls on NSAIDs needed to be urgently reviewed.

"We need to treat them as potent drugs, not just something you buy at the local service station," Mr Quigley said.

"They need to be brought back under the control of a pharmacist and they need to speak to people who want to buy them.

"They need to point out they are designed to be used in the lowest dose for the shortest amount of time.

"There's almost a re-assurance that if you can buy a pack of 12 when you get your petrol, they're only really as dangerous as a packet of chewing gum — but they're not."

## Carer 'cut out of will'

A NURSE who cared for an elderly man for years on the understanding that she would inherit his estate has been cut out of the now-deceased man's will.

The man changed his will 11 days before he died, leaving an estate worth almost \$500,000 to the National Heart Foundation.

Juliana Breier, a retired geriatric nurse, claims in a Supreme Court document she moved into Jack Burton-Souster's home at Werribee to care for him in 2005 after they agreed in writing she would be his sole beneficiary. The Footscray woman said Mr Burton-Souster was then 82 and in poor health with no one to look after him.

Ms Breier said she nursed him as well as


**SUE HEWITT**

doing his cooking, cleaning, shopping, banking and gardening.

She said the widower had made a will in September 2005 appointing her as executor and leaving her his estate.

But Mr Burton-Souster changed his will in February 2007, June 2008, December 2010 and February 2011, when he completely cut her out.

Ms Breier is challenging the will, saying in a statement of claim lodged by law firm Arnold Thomas & Becker that she had acted in good faith and believed Mr Burton-Souster's promises.



**REBECCA'S TRACKSIDE TRENDS**  
MAGAZINE INSIDE

## Police warn women

POLICE have issued a warning to young women walking in Melbourne after dark in the wake of an attempted abduction.

They are shocked by the brazen nature of the assault on the Noble Park woman, 23, attacked by an armed man after she got off a train — and they fear he may strike again.

The man threatened to kill the woman and held her at knifepoint as he attempted to bundle her into his car.

The woman told detectives she was walking along Railway Parade about 8.50pm on Friday when she was approached by a man who asked her for the time.

He then grabbed her arm, pushed a knife against her and led her to a parked car, believed to be a small, dark-green, four-door sedan. She managed to break free and flee.

The man has been described as caucasian, aged 35 to 40, 165cm tall and of medium build with short dark hair, a short goatee beard. He was wearing a dark bomber-style jacket and tracksuit pants.