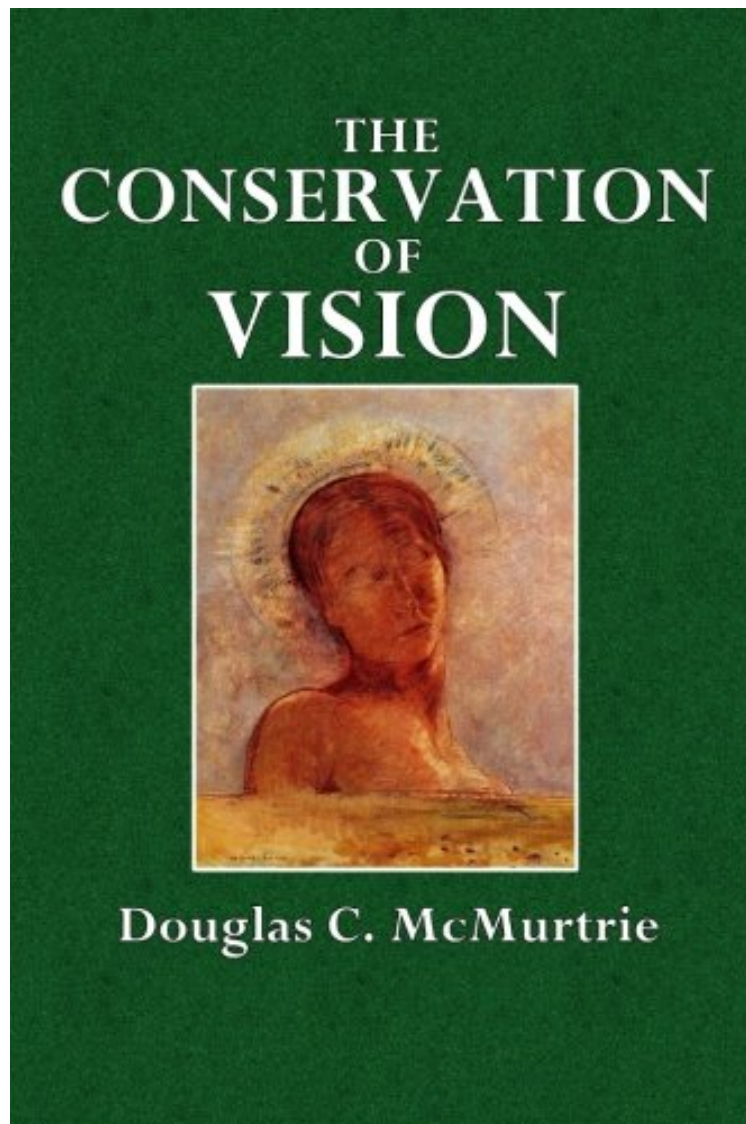


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The Conservation of Vision: An Essay on the Care of the Eyes Eye Strain, Eye Diseases, Illumination, Improvement

Douglas C. McMurtrie

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Illumination, Improvement:

From the introductory. Do you realize that good eye sight is practically as important as physical health? Certainly both the power to learn and the power to earn depend almost entirely upon the possession of good eyes. But do you know how to safeguard and preserve your eyesight? If you are like most people, you have probably absorbed considerable knowledge of the general laws of health, while remaining practically ignorant of the simplest rules for conserving your own eyesight, as well as that of individuals placed in your care. Without doubt the most widely spread of all disorders of the eye is eye-strain. It is likely that the effects of this form of eye trouble are greater and more disastrous than all other forms put together. There may be some who are not clear as to what eye-strain is. For our present purposes it is sufficient to say that eye-strain is simply strain of the eye muscles, either those that are upon the outside of the eyeball and that move it around in its socket, or those inside the eyeball that help the eye to focus clearly. The strain of these two sets of muscles is called either external or internal eye-strain, as the case may be. Internal eye-strain is caused by the eyeball being the wrong shape, which may be a misfortune of birth, a result of abuse of the eyes, or due to natural changes in later life. For instance, the eyeball may be too short, causing far-sight, or it may be too long, in which case there is near-sight. Or, again, it may be more curved in one direction than it is in the opposite direction, when the vision is called "astigmatic." Near-sight, far-sight, and astigmatic sight, if uncorrected, are bound to cause eye-strain. The effects of eye-strain upon the general health is a matter of the greatest importance, and yet is very little understood by the general public. For eye-strain can do much more than cause injury and pain in the eyes themselves. Indeed, in most cases of eye-strain the eyes go on doing their work without apparent protest. They are willing servants. But in order to do this they make heavy draughts upon the nervous system, and in so doing naturally interfere with the proper functioning of other organs of the body.