



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

By Douglas C McMurtrie

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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