You notice your tears most after a good cry or while slicing an onion, but actually your eyes are constantly moistened by a thin film of tears.

**Protecting The Eye**

This film has three distinct layers: an outer, oily layer to prevent evaporation; a middle layer of lacrimal fluid, the main ingredient of tears; and an inner, mucous layer. This three layer film is replenished every time you blink, and it provides essential protection for your eyes.

Most of your body is protected by skin of course, and your outer layer of skin is made of dead cells and keratin, an opaque, protective substance. Your eyes need to be transparent; they can’t be covered by a layer of dead cells and keratin. One of the main functions of tears therefore, is to keep these cells alive.

Tears are loaded with electrolyte salts, chemicals that are also found deep inside your body. These salts make your outer eye cells feel like they’re inside your body, preventing them from turning into cells similar to skin cells.

**Defeating Dust**

Tears help your eyes in other ways too. When a speck of dust gets in your eye, it’s coated with mucous from glands in the white of your eye, then washed out with extra fluid from the lacrimal glands, the main tear producing glands above the eye.

To protect your eyes from germs, tears also contain bacteria fighting enzymes. What’s more, tears provide a good optical surface. They smooth out the microscopically uneven cells of your cornea. Without tears, tiny irregularities in your eye would give you constantly fuzzy vision.

Although they’re most apparent during a good cry, tears are actually an essential part of everyday life.

在好好的哭泣或切洋葱之后，你最常注意到你的眼泪，但实际上你的眼睛却被一层薄薄的泪水弄湿了。

### 保护眼睛

这种薄膜有三层不同的层：外层油层，防止蒸发; 泪液的中间层，泪液的主要成分; 和内部的粘膜层。每次眨眼都会补充这层三层薄膜，为您的眼睛提供必要的保护。

当然，你的大部分身体都受到皮肤的保护，你的皮肤外层由死细胞和角蛋白组成，角蛋白是一种不透明的保护性物质。你的眼睛需要透明; 它们不能被一层死细胞和角蛋白覆盖。因此，眼泪的主要功能之一是使这些细胞保持活力。

眼泪中充满了电解质盐，化学物质也存在于体内深处。这些盐使你的外眼细胞感觉它们在你的体内，防止它们变成类似于皮肤细胞的细胞。

### 击败尘埃

眼泪也可以用其他方式帮助你的眼睛。当一团灰尘进入你的眼睛时，它会在你眼睛的白色腺体上涂上粘液，然后用泪腺中的额外液体冲洗掉，主要的泪液会在眼睛上方产生腺体。

为了保护眼睛免受细菌侵害，眼泪中还含有抗菌酶。更重要的是，眼泪提供了良好的光学表面。它们可以消除角膜微观不均匀的细胞。没有眼泪，眼睛中的微小不规则会给你持续模糊的视力。

虽然在哭泣时最明显，但眼泪实际上是日常生活的重要组成部分。