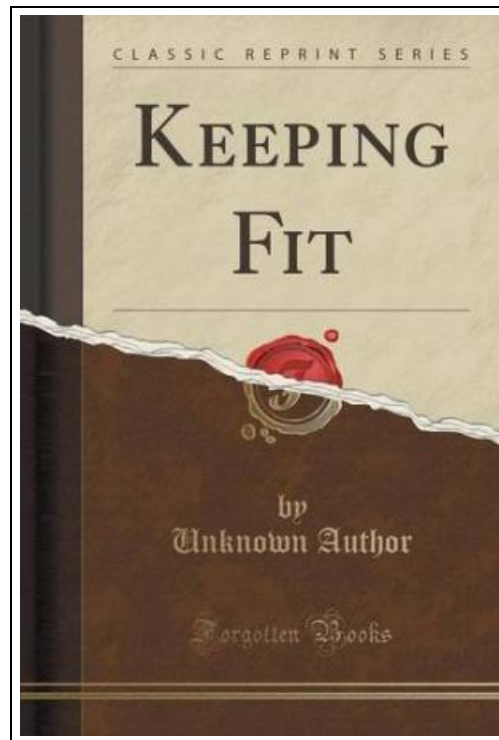


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Forgotten Books. Paperback. Condition: New. This item is printed on demand. 22 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Excerpt from Keeping FitClose your eyes and for a half minute imagine yourself blind. . . In warfare false eyesight is almost as useless as blindness. The most frequent kinds of poor eyesight causing rejection from the Army were near and far sightedness and astigmatism. The same conditions, of course, handicap a man almost as much in civilian life. Certain defects in the original structure of the eye itself can not be cured, and can only be corrected by glasses properly fitted by a competent oculist. Certain other defects, due to mistreatment of the eyes, can be cured by proper glasses which, so to speak, train the eye back to normal. Some kinds of defects, such as certain cases of cross-eyes, may be helped by a slight operation. Slight muscular defects often cause severe eyestrain without the patient knowing what is wrong. Still other eye troubles affect chiefly the lids, or attack the lids first and only later affect the eyesight itself. Proper medical treatment will usually cure these conditions. Certain infected cases, however, may leave permanent scars. Varieties of eye trouble are so numerous that they can not be described here, nor would it be wise for you to try to treat yourself, for the symptoms of very different complaints are often so nearly alike - headache, redness, dimness, etc. - that only a physician can prescribe properly. For any continued discomfort, go to a reliable eye specialist (ophthalmologist or oculist). It is unwise to ask an optician to prescribe for eye defects. An optician is, or should be, merely one who makes the glasses ordered by the physician, and it is no safer to go directly to the optician than...

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