

preserve his eyes in a state of health and efficiency.

The Construction of the Eye.

THE coats of the Eye are arranged similarly to the tubes of a telescope, being fitted one within another suitably for the transmission of the rays of light; and the optic nerve, expanded on the back of the eye, forms the internal coat of that part called the retina, and on this the images of all objects presented to the eye are received and transmitted to the brain and mind.

In order that the image of an object on the retina shall be clear and distinct, it is necessary that the rays of light passing into the eye through the pupil should be properly focussed.

Vision will be clearest and easiest if the rays of light are brought to a point exactly as they reach the retina.

If they are focussed just before, or if they reach the retina before being focussed, the sight will be more or less blurred.
