

# How to Preserve the Sight.

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**T**O preserve our sight we must learn what certain feelings about the eye mean, and why it is so often subject to fatigue and pain.

We cannot afford to give up the entire use of our eyes because they ache, nor can we afford to disregard these symptoms, lest we run the risk of impairing or losing our sight. We want to preserve our sight to the last and to avoid disease.

The number of blind persons in every civilized community is exceedingly large. Of the persons who are commonly said to have been blind from birth, probably at least ninety-nine out of every hundred brought with them into the world eyes as good and as useful as those of their neighbours. The causes of infantile blindness are more frequently to be found in carelessness and ignorance than in all possible injuries and diseases put together; and the carelessness and the ignorance are displayed most frequently in the neglect of proper precautions about light, cleanliness, and temperature.