

Hints for the Preservation of Eyesight

DISTANT vision in the normal or properly corrected eye represents rest. Near vision, exertion.

A book should not be held closer to the eyes than necessary to make print appear sharp and distinct.

For inflamed or weak eyes the remedy known as "Eye-Fix", affords immediate relief.

When reading look up occasionally, particularly when endeavoring to impress something on the memory. This rests the eyes and cultivates thoughtfulness.

Reading in a moving car causes jerky changes in the accommodation and is very injurious.

Reading while lying down strains the muscles of the eye besides sending an excess of blood to the eyes.

To persist in reading when sleepy often causes congestion of the blood vessels of the eye.

If you have a mind to read when sleep says don't, change your mind, use a few drops of "Eye-Fix" and go to bed.

Avoid reading in a dim light or an irritating glare.