



Keeping Fit (Classic Reprint) (Paperback)

By Unknown Author

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Keeping Fit
Close 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....



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