

GLASSES FOR THE EYES.

Dr. Seymour Denounces the Fact That Eyes are Deteriorating.

The question is often asked particularly by those who can recall the customs and experiences of twenty-five years ago, "Why do so many people nowadays wear glasses?" The answer is easy. "The increase in the number of spectacles worn is not to be regarded as an evidence of modern degeneration of the eyes, but rather that a long felt necessity has been met." For it should be remembered that within the past quarter of a century much has been learned about the value of glasses, and the range of their application and usefulness has been enormously extended. Of course the eyes need more help now than formerly, as the amount of work they are required to do is much greater than at any previous period in the world's history. The sewing machine and many other inventions of its class save the labor of the hands only to add to that required of the eyes.

New employments, new amusements and new fashions are continually being introduced to increase the exacting demands laid upon these sensitive and delicate organs. The steady decrease of illiteracy, together with the general cheapness of literature and a spread of the taste for it, the enormous circulation of novel, magazine and newspaper, the ever increasing use of artificial illustrations, all combine to overtax the eyes and to weaken or possibly destroy the sight unless the required aid and protection be supplied through every means at our disposal. Thus it happens that the one time luxury of properly adapted glasses has come to be recognized and understood by very many of the present generation as one of the real necessities of their lives.

Notwithstanding all the extra strain brought to bear upon the eye by advanced civilization, some persons are still adverse to taking any other view of the matter than that the eyes of our present generation surely show deterioration. If this be true how could we account for the great amount of work accomplished by young men and women of today, wholly through the use of their eyes; or the ability of children in our public schools to compete with the requirements, necessitating close application to their books to insure their advancement?

It is all a fallacy and the sooner people learn to preserve and care for their eyes the sooner we will lessen the number of inmates in our institutions for the blind.

The same is certainly true of the use of glasses as it is true of the use

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of any labor saving apparatus. While they may not be required to restore sight, yet it is wonderful what a vast amount of energy and eye strain is saved by their use. Look well to your eyesight if you would be useful in the world—do not neglect until relief is difficult or impossible.

PATIENTS IN NEW YORK.

Lincoln, Neb., March 14, 1900.—Lincoln people who are treating with Dr. Seymour, may imagine that his business is confined to this city, but such is not the case. He treats by mail many hundreds of people, and has patients as far away as New York city, as shown by the following letter, and because one lives at a distance it does not follow that they cannot receive the benefit of his skill. Write at an early date if you are suffering from any eye, ear or throat trouble, and your correspondence will promptly be answered.

"No. 18 Greenwich Avenue, New York City. Dr. W. I. Seymour:

"Dear Sir:—I have improved quite a good deal since I've taken your medicine. My throat still bothers me a great deal in the mornings, but it does not make me so sick. The rest of the day it hardly troubles me at all, unless I am out of doors. It seems to choke me continually then, but otherwise I feel ever so much better. Your medicine has certainly done me a great deal of good in the short time I have been taking it. Thanking you for the help you have already been to me, I remain,
Yours truly,
LENA NISSON."

DR. W. I. SEYMOUR, 1219 K street, City.

Dear Dr. Seymour: The glasses fitted by you have done wonders in relieving my headache, and I am indeed very grateful for your skilful treatment, and am pleased to recommend you to any friends and acquaintances.

Yours very truly,
MRS. G. E. CONDRA,
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