

**CARE OF THE EYES.**

**Dr. Seymour Says Trouble may be Avoided by Care of these Organs.**

There is nothing so important to those who are suffering from weak eyes as proper treatment by a specialist who thoroughly understands his profession. It is just as important to know where to go to have eye glasses fitted as when to go. It is equally important that the one with whom you deal is strictly honest, and whose advice can be relied upon. One might better do without wearing glasses at all, no matter how weak the eyes, than to have the wrong kind.

It is perfectly natural to those whose eyes need attention to wish to know where they can get the best, particularly when the best is no more expensive than the inferior, since the best is always most profitable in the end.

Among the specialists throughout this country none are more favorably known than Drs. Seymour and Cox, 1219 K street. Dr. Seymour has been before the people of this state for ten years, while Dr. Cox began his career in the field of eye, ear, nose, and throat work thirty years ago, their entire time having been spent in perfecting their profession. The result of these years of experience in actual practice has enabled them to give to the public most valuable service, which the people of Lincoln are not slow to appreciate.

By observing the following few little "don'ts" much trouble with the eyes may be avoided.

Don't think because you have good eyes that they will stand all kinds of abuse.

Don't use the eyes continuously at close work, without occasionally resting them by looking off in the distance.

Don't hold the book nearer than is necessary for clear, sharp vision.

Don't make a practice of reading type too small to be seen readily at eighteen inches.

Don't attempt to read in a car or other jolting vehicle. It is a strain on the directing muscles of the eye.

Don't read while lying down. It causes an unusual strain on some of the external or directing muscles.

Don't read when very sleepy, as the accommodation and convergence are naturally relaxed and the extra effort necessary to force the unruly members to work may be shown by a congestion of the blood vessels of the eyeball.

Don't read facing the light.

Don't read in the twilight or in badly lighted rooms.

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**TO AID THE UNFORTUNATE.**

It is impossible to estimate, even to a degree, the great good that is accomplished in the world by men who cast aside the worldly pleasures of life and labor unceasingly in one field of lofty endeavor to complete and perfect one talent with which God has blessed them. While Drs. Seymour and Cox would not care to be quoted as men who live purely for philanthropic pursuits, still it is hardly doing justice to their efforts and ability to put it in any other light. They come to our city after visiting many of the large eastern cities, with names already established among the highest of their profession, having been educated in the best colleges in our land. They have found their first entrance into their profession, devoted their whole time to their chosen work, and through the great and varied experience to be obtained by men and their ability, they have succeeded in establishing facts which will be a blessing to mankind for all time to come.

They are among the first specialists, either in this country or Europe, who have thoroughly demonstrated and proved to the minds of a skeptical public, and perhaps even more skeptical professional men, the fact that cross eyes in almost every instance can be perfectly straightened without the use of the surgeon's knife.

They have many letters from people who have proved the truth of their assertions by their own experience, and in conversation with them one cannot doubt their statements for a moment when they declare that cross eyes, with scarcely an exception, are due to defects in sight, which can only be successfully treated in an enlightened manner, reaching the cause of the defect in order to secure proper results.

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