

Have a Summer Without Headaches

Summer should be a recreation time, a time when life is really enjoyed and when vitality is stored for the more trying seasons.

The pleasure of many people is spoiled by headaches. Travel, outings or exposure to the sun is apt to bring on this affliction. Don't have headaches this summer. Keep a supply of our

Newlin's Instant Headache Cure

on hand. They stop coming headaches or cure headaches that have already arrived. A simple reliable remedy with a record of many years back of them. The remedy you should always have and depend upon.

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FOR THE BENEFIT OF THE PUBLIC

Eighth Series, Written by Dr. M. P. Mendelsohn, Dr. of Optics.

Another most important part of the optical apparatus, is the eyelid. Each of these is moulded out of a substance resembling gristle, into the form of a thin plate, curved so as to fit over the globe of the eye.

These plates of gristle are covered by a very fine skin internally and externally by a delicate mucous membrane, called the conjunctiva. A band of muscular fibres passes around the opening of the eye, over the upper lid, above and the lower lid beneath, making a somewhat oval or elliptical figure. When these muscular fibres contract, they draw the two lids together, thus closing the eye. From the borders of the lids there project the eyelashes, which give protection against the entrance of dust and other foreign bodies.

Just behind these hairs is a row of minute glands which produce a greasy material.

This oily secretion is very important, since it greases the edges of the lids, and thus prevents the tears from escaping down the cheeks.

The mucous membrane or conjunctiva, covers the entire eye, as well as the under surface of the lids. It is a very important part of the eye, since the moisture is furnished by a gland, the lachrymal or tear gland, which is located at the upper and outer part of the eye. This gland is constantly producing a watery fluid, which under ordinary circumstances, is just sufficient to keep the eye moist, and to provide for the freedom of its movements.

At the other end of the opening between the lids, that is, at the end next to the bridge of the nose, there are two small openings, one on each lid. These are the openings of very fine hair-like channels, which lead into a larger tube or duct.

This tube runs downward from the inner angle of the eye, into the nostril. These channels afford the natural way of escape for the moisture which is constantly being produced in the eye. It sometimes happens that this duct leading from the eye to the nostril becomes inflamed and stopped up; in this case the tear—by which we mean simply the moisture constantly produced in the eye—can no longer escape into the nose, and therefore, flows over the edge of the lids onto

the cheeks. The most essential points in the structure of the eye have been mentioned, and with a clear understanding of these points, we can appreciate the usual affections to which the eye is subject, as well as the care and attention, which should be bestowed upon them.
(To be continued.)

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