



Healthy eyes, better vision: everyday eye care for the whole family, Jeffrey Anshel, Body Press, 1990, 0895868687, 9780895868688, 276 pages. This book offers on-target, accessible eye-care advice so that everyone, young and old, can take proper care of these most important sight organs. Written in easy to understand language directed at the layperson, this total vision "encyclopedia" contains 14 fact-filled chapters covering all aspects of eye care..

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Computers and visual stress how to enhance visual comfort while using computers, Edward C. Godnig, John S. Hacunda, 1990, Medical, 108 pages. .

Eyes , Kwitko, Marvin Ross, 1994, , 124 pages. Vision problems can be frightening, especially as we age and find our sight diminishing. Fortunately, many eye concerns are relatively easy to prevent and correct, and medical

Fact and Fiction of Healthy Vision Eye Care for Adults and Children, Clyde K. Kitchen, 2007, Health & Fitness, 189 pages. Explains eye development and disorders, treatments and surgeries, as well as common misconceptions about damage, health, and treatments..

The importance of visual care , James H. Gaddis, 1966, Medical, 52 pages. .

The Complete Guide to Eye Care, Eyeglasses, and Contact Lenses , Walter J. Zinn, Herbert Solomon, 1986, , 288 pages. Practicing optometrists describe the ways in which the individual can protect and preserve his eye health.

The Aging Eye: Preventing and treating eye disease , Harvard Health Publications, 2010, Eye, 49 pages. .

Good eyes for life , Olive Grace Henderson, Hugh Grant Rowell, 1933, Medical, 202 pages. .

The eye book a specialist's guide to your eyes and their care, Ben Esterman, 1977, Medical, 262 pages. A distinguished ophthalmologist answers questions about the structure and workings of the eyes, glasses and contact lenses, eye injuries, and sight disorders and diseases of

The seeing eye , William M. Updegrave, 1936, Medical, 255 pages. .

Natural Vision Improvement , Janet Goodrich, PH.D., 1971, , 230 pages. Discusses the psychological causes of vision problems and suggests a variety of exercises designed to improve eyesight.

Fresh Vegetable and Fruit Juices What's Missing in Your Body?, Norman Wardhaugh Walker, 1970, Cooking, 118 pages. "The lack or deficiency of certain elements, such as vital organic minerals and salts, and consequent of vitamins, from our customary diet is the primary cause of nearly every

Your eyes! a comprehensive look at the understanding and treatment of vision problems, Thomas L. D'Alonzo, 1991, , 237 pages. Distinguishes between various eye-care practitioners, gives an overview of the structure of the eye and its functions, and discusses common eye diseases and visual disturbances

Folk medicine a Vermont doctor's guide to good health, D. C. Jarvis, 1958, Medical, 182 pages. Descriptions of natural remedies for a variety of common human and domestic-animal ailments are supplemented by bits of New England folk wisdom.

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