THE HUMAN EYES

The eyes are the organs of sight in the human body. They are very important sense organs as one does see through them.

The eye is made of several parts: eye balls, eye pupils, lashes, brow; all these are seen when one looks at the eye ordinarily. However, biologists also tells us of other internal parts of the eye that we cannot see ordinarily like the humours, retina, yellow light spot, etc.

Care for the Eyes

i. One ought to apply eye drops at least once weekly to aid the functioning of the eyes.
ii. In tropical zones, where the sun is usually very intense, it is good to wear sunglasses so as to reduce the sun rays into one's eyes.
iii. It is not advisable to move or do anything at night with very little light or very bright light facing one's eyes, since one's eyes would be highly strained or over lighted.
iv. Visiting an optician at least trimesterly would further keep one's eyes from damage.