A. Not many people realize how much stress modern life can put on their eyes. Working on a computer, watching television and driving at night are just some of the things that can affect your eyes. It was traditionally believed that being short-sighted or long-sighted was inherited. But recent studies have shown that this is not always the case. One study in Spain has shown that there has been an increase in eye problems among schoolchildren. **(61)___.** It appears that years of focusing on books causes most children to become slightly short-sighted by the age of ten.

B. New problems, such as the massive increase in the number of people using computers at work, has added to the rising incidence of eye stress. Using a computer means that the eye works in a different way, and it has to work harder. **(62)___.** Experts have estimated that as many as 30 % of people have eye problems as a result of working on computers. Office workers suffer from additional problems because of central heating and air conditioning. The trouble is that the eye becomes dry, which can make you feel tired. One recommended way of combating this problem is to close the eyes for one minute every hour, to rest them and keep them moist. There are also many exercises that can help reduce the symptoms of eye stress.

C. Apart from making sure your eyes rest regularly, it is also a good idea to increase your fluid intake. **(63)___.** Many doctors recommend at least a litre and a half a day, depending on the climate you live in, to prevent dehydration. You can take regular water or other beverages.

D. Another factor that can affect how well the eye works is diet. In World War II, for instance, it was rumoured that British fighter pilots were eating lots of carrots to improve their ability to see well at night. **(64)___.** There is some evidence to suggest that the different functions of the eye, such as night vision or seeing long distances, require the right kind of nutrients to keep them in good order.

E. Some studies conducted in France have found that people over sixty who live in cities are more likely to be short-sighted than people of the same age who live in the countryside. **(65)___.** The more balanced your diet is, the less likely you are to have eye problems later in life. There are many things you can do to minimize the problems or avoid them. Rest your eyes regularly, drink plenty of fluids and eat a balanced healthy diet. What could be simpler?

A. Complete the text by putting the sentences (a-e) in the correct place (61-65).

a. It is well known that they contain vitamin A, a nutrient beneficial to vision

b. Many eye problems can be improved by drinking lots of water

c. And the problems become worse the longer you spend in front of a screen

d. Another in America suggests that up to 80% of children may be short-sighted

e. The reason is that people in rural areas eat healthier food

B. For questions (66-70) choose the appropriate paragraph (A-E). Choose each paragraph only once.

66. Which paragraph mentions that sight problems might have a genetic cause?

67. Which paragraph mentions a piece of medical advice?

68. Which paragraph mentions an anecdote of the past?

69. Which paragraph mentions that technology may cause eye problems?

70. Which paragraph mentions how the place where you live can influence your eye health?

C. Choose the most appropriate title for each paragraph.

71. Tips to avoid eye problems

72. Eye problems in the workplace

73. It's not all in the genes

74. What you eat is what you see

75. Flying vegetables

LIVEWORKSHEETS

Kevin Cookson has recently set a new record for travelling all the way round the coast of Great Britain on a windsurf board. 'I don't really know why I did it, just for the fun of it, I suppose', says Kevin, 'it was there to be done, that was all'. Despite lacking both the obsessive ambition and the funds that normally go with attempts to break records, Kevin made the journey in eight weeks and six days, knocking one week off the previous record set in 1984.

Leaving from Exmouth in the south-west of England, Kevin travelled up the west coast of England and Wales, before going round the top of Scotland and coming back down the other side. The journey officially covered 2,896 kilometres, although given the changes of direction to find the right wind paths, the actual distance Kevin travelled is probably closer to 4,000 kilometres.

Kevin fitted his fitness training in around his final year university examinations. He didn't have much time to prepare but he went running often and supplemented that with trips to the gym to do weight training. At the start of the trip he was tired and needed a rest after four hours, but by the end he found he could do ten hours in a row easily.

Kevin had a budget of only 7,000 pounds to cover the whole expedition. The previous record had been set with a budget twice that size, while a recent unsuccessful attempt had cost 40,000 pounds. Budgets have to meet the cost of fuel, food and accommodation for the support team, as well as the windsurfer's own equipment and expenses.

Previous contenders had been accompanied by a boat on which they slept at night, as well as a fleet of vehicles on land to carry their supplies. Kevin used an inflatable rubber boat and an old van with four friends who followed his progress. Overnight arrangements had to be found along the way. Apart from the odd occasion when they enjoyed the hospitality of friends, the team made use of camping equipment carried in the van, and slept on the beach.

When asked if his athlete's diet was a closely kept secret, Kevin replied that he ate a lot of pasta and added the odd tin of tuna to keep up his energy. 'Basically, we had anything that was on special offer in the nearest supermarket'.

Such a prolonged period of grueling windsurfing made relaxation important however, and for this, Kevin favored the pub method. This also provided social opportunities. 'The people we met were really encouraging', he recalls. 'They thought what we were doing was really great. It was hard work, but we had a lot of fun along the way'.

Kevin has been windsurfing since he was thirteen years old and is also a highly-ranked competitor at national level. 'I don't know where I'm ranked now because I've missed a lot of important competitions this year. But what I did has more than made up for that and I'll be doing my best to be up there among the winners once I get back into the competitive sport next season.' Given his unique achievement this year, Kevin seems well-placed to take on the world's top windsurfers.

D. Decide whether these sentences are True, False or Not given.

76. The 1984 record took one week longer
a. True **b. False** **c. Not given**

77. Kevin had to do more kilometers because of the wind
a. True **b. False** **c. Not given**

78. Kevin's budget covered only part of the expedition
a. True **b. False** **c. Not given**

79. Kevin found lots of hospitable friends during the trip
a. True **b. False** **c. Not given**

80. Kevin's team had eight members
a. True **b. False** **c. Not given**

E. Choose the answer that fits best according to the text.

81. Kevin decided to try and break the record
a. because it had always been his ambition
b. because he was invited to do it
c. because it was a way of making money
d. because he enjoyed the challenge

82. Before making the trip, Kevin
a. spent a lot of time practicing on water
b. could already windsurf all day without a break
c. had only a limited amount of time for training
d. spent most of his time working out in a gym

83. Kevin says about his diet that
a. it was mostly unplanned
b. variety was important
c. certain foods were essential
d. he couldn't eat much

84. Kevin went to pubs
a. to rest from the competition
b. in order to meet new people
c. because he loves to have fun
d. to meet the new sponsors

85. Kevin says about windsurfing competitions
a. that they don't interest him anymore
b. that he's sure he can do well in them
c. that he regrets missing them
d. that he has no plans to participate in any

LIVEWORKSHEETS