

EAT, BLINK AND REST



Read the article. Some sentences have been removed from the article. Choose from the sentences A-H the one which fits each gap. There is one extra sentence which you do not need to use.

Not many people realize how much strain modern life can put on their eyesight - working on a computer, watching television and driving at night are just some of the things that can affect your eyes. And with the ozone layer becoming thinner, even sunlight can be damaging to your eyes if you do not wear sunglasses to protect them from ultraviolet light

It was traditionally believed that being long-sighted or short-sighted was a condition that 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 school children.

(1) It appears that years of focusing on books causes most children to become slightly short-sighted by the age of ten.

New problems, such as the massive increase in the number of people using computers at work, have added to the rising incidence of eye strain. Using a computer means that the eye works in a different way, and it has to work harder. (2) Experts have estimated that as many as 30 percent 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.

(3) One recommended way of combating the problem is to close the eyes for one minute every hours, to rest them and keep them moist. There are also many eye exercises that can help reduce the symptoms of eye strain.

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

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

C. These can help your eyes to function better.

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

Apart from making sure you rest your eyes regularly throughout the day, it is also a good idea to increase your fluid intake. (4) Most doctors recommend at least a liter and a half a day, depending on the climate you live in, to prevent dehydration. Your fluid intake can be in the form of plain water or other beverages.

Another factor that can affect how well the eye works is diet. In World War II, for instance, it was rumored that British fighter pilots were eating a lot of carrots to improve their ability to see well at night. (5) There is some evidence to suggest that the different functions of the eye, such as night vision or seeing long distances, require the right kinds of nutrients to keep them in good order.

Some studies recently conducted in France have also found that people over the age of sixty who live in cities are more likely to be short-sighted than people of the same age who live in the country. (6) People living in the countryside tend to eat more fresh fruit and vegetables than those who live in the city. The more balanced your diet is, the less likely you are to have eye problems in later life.

There is no doubt that many people will have some problems that affect their eye-sight whatever they do. But there are many things that you can do either to minimize the problem, or, in some cases, avoid them altogether. (7) Rest your eyes regularly, drink plenty of fluids and eat a balanced healthy diet. What could be simpler?

E. Another in America suggests that up to 80 per cent of children may be short- sighted.

F. The reason is said to be that people in rural areas eat healthier food.

G. Just remember the three simple rules.

H. The trouble here is that the eye becomes dry, which can make you feel tired.