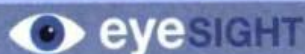


11 Sight

A Are computers bad for your eyesight?



Many of us spend hours every day working at a computer. As a result, **eye strain** and **blurred vision** are common complaints. Most people also **blink** less frequently when they are **concentrating**, resulting in poor **tear** production, which can **irritate** the eyes. Here's how you can change your computer use and **ease** your **discomfort**:

- ▶ **adjust** your computer screen so that it is 50-65 cm from your eyes, just below eye level
- ▶ adjust the lighting to **eliminate** any very bright lights
- ▶ take frequent breaks, blink often to stop your eyes becoming dry, and let your eye muscles relax by looking into the distance every 15 minutes.

Remember: if a problem continues, see an **optician**.

GLOSSARY

eyesight	the ability to see ALSO sight SYN vision ; good/poor eyesight
strain	an injury in part of your body often from using it too much: eye strain , back strain
blurred vision	If your vision is blurred , you cannot see clearly.
blink	shut and open your eyes quickly
concentrate	give all your attention or effort to sth concentration <i>n</i>
tear	a drop of liquid that comes out of your eye when you cry
irritate	cause a part of the body to be painful or sore irritation <i>n</i>
ease	make sth less unpleasant or painful
discomfort	a slight feeling of pain and being uncomfortable
adjust	change sth slightly to make it more suitable adjustment <i>n</i>
eliminate	remove or get rid of sth elimination <i>n</i>
optician	a person whose job is to test people's eyes, sell glasses, etc. An optician's is a shop where an optician works.

- 1 The pronunciation of the letter 'i' is the same as in *bit* in eight of the cases underlined. Which four are different? Use the **APP** to help you.

irritate vision blink optician strain eliminate eyesight discomfort

- 2 Circle the correct word(s). Be careful: sometimes both words are possible.

- 1 Did you know that pigs often have really poor sight / vision?
- 2 The optician can eliminate / adjust your glasses if they are too loose.
- 3 We are currently trying to eliminate / ease theft from our offices.
- 4 I can get eye strain if I irritate / concentrate for too long without taking a break.
- 5 These eye drops should adjust / ease the pain.
- 6 I could see a strain / tear in the corner of her eye.
- 7 If you get any discomfort / irritation, go and get your eyes checked.
- 8 She got a new pair of glasses from the doctor's / optician's.

- 3 One word is missing in each line. What is it, and where does it go?

- 1 Sore, tired or burning eyes are symptoms of eye.
- 2 I went to the chemist's to get some stuff to the pain.
- 3 I think these glasses will be fine with a small.
- 4 Even with glasses, there are some problems you can't completely.
- 5 The said I needed new glasses.
- 6 Bright lights for a period of time can your eyes.
- 7 People's vision can be a bit if they drink too much alcohol.
- 8 There were in her eyes when she told me the sad news.
- 9 The flash of a camera makes a lot of people.
- 10 If you work too long, tiredness will affect your powers of.

- 4 **ABOUT YOU** Have you suffered from any of these problems? If so, what did you do about it? Write your answer, or talk to another student.



TEST YOURSELF

B A peaceful sight

We stood at the top of the hill for ages, **gazing** at the **spectacular** view below. In the distance, the port was **barely visible** through the early morning **mist**, but we could just **make out** the island. As we drove back down, I **caught a glimpse of** a waterfall and asked Marcello to stop. Then, all of a sudden, a young **deer** appeared with its mother. They **stood** completely **still**, looking at us **suspiciously**, then ran off and **vanished into thin air**.



GLOSSARY

gaze at sb/sth	look at sb/sth for a long time because you are interested in them/it or are thinking about sth else gaze <i>n</i>
spectacular	very impressive to see
barely	only with great difficulty or effort SYN only just
visible	Sth that is visible can be seen. OPP invisible
mist	a thin cloud just above the ground making it difficult to see misty <i>adj</i>
make sth/sb out	see, hear or understand sth/sb with difficulty
stand still	stand without moving at all: keep/stay/sit still
suspiciously	carefully because you think there may be sth wrong or dishonest suspicious <i>adj</i> ; suspicion <i>n</i>
vanish	disappear vanish into thin air disappear suddenly

SPOTLIGHT ways of seeing

If you **catch a glimpse of sth/sb**, you see it/them for a very short time and not clearly or completely. If you **glance at sb/sth**, you look at them/it for a moment. If you **spot sb/sth**, you see or notice sb/sth, especially suddenly or when it is not easy to do.

- We **caught a glimpse of** the actress as she left the theatre.
- I **glanced at** my watch to see if it was time to go.
- I **spotted** several mistakes in my work just before I handed it in.

5 Correct the spelling mistake(s) in each sentence.

- 1 The view was spectacular.
- 2 She looked at us suspiciously.
- 3 I could barely see them.
- 4 When the bird was stil, it was unvisible.
- 5 We just caught a glimse of the deer.
- 6 I granced at my friend.

6 Underline the words which are possible. More than one word is often possible.

- 1 The bottom of the valley was *invisible* / *misty* / *suspicious*.
- 2 The castle was *visible* / *standing still* / *spectacular*.
- 3 The man was badly dressed and looked *suspicious* / *spectacular* / *misty*.
- 4 After an hour, we finally *caught a glimpse of* / *spotted* / *glanced at* the rare bird.
- 5 Could you please *stand* / *wait* / *keep* still?
- 6 When Lia came in, I quickly *glanced at* / *gazed at* / *spotted* John next to me. He smiled.
- 7 We could *suspiciously* / *only just* / *barely* see the church in the distance.

7 Rewrite the sentences using the words in capitals. The meaning must stay the same.

- 1 He sat without moving while I drew him. STILL
- 2 I was only just able to see the boat on the horizon. MAKE
- 3 They were both watching me; I don't know why. GAZE
- 4 Those stars can't be seen without a telescope. INVISIBLE
- 5 We could barely see the trees through the mist. ONLY
- 6 After a while I could see Leo in the crowd. SPOT
- 7 The thief ran out of the building and disappeared. THIN AIR
- 8 I briefly saw Blanca as she left the shop. GLIMPSE
- 9 Please don't move. KEEP
- 10 I didn't believe he was telling the truth. SUSPICION



TEST YOURSELF