11 Sight

A Are computers bad for your eyesight?

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** *n*
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** *n*
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** *n*
eliminate	remove or get rid of sth **elimination** *n*
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

LIVEWORKSHEETS

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** *n*
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** *adj*
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** *adj*; **suspicion** *n*
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 spectactular. .....
2 She looked at us suspisiously. .....
3 I could barily 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

LIVEWORKSHEETS