

# Modern marvels or new nasties?

How would you cope without modern gadgets? What would you do if you didn't have your mobile phone, your MP3 player, or your games console? Believe it or not, you might be better off.

1

With new games consoles, you have to move around in front of the TV to control the action on-screen. When you make the same motion again and again in a confined space, the results can be quite serious. Repeated arm motions can cause strain to your shoulder. Doctors warn that you must not play for too long, and you should warm up first. Their advice is to prepare for the game like you would for the real thing.

2

Earphones play the music directly into your ear canal. The type of music doesn't matter, but the volume on your MP3 player does. It can cause hearing loss. Researchers recommend that you set the volume at a low level where you can still hear conversations around you. If people have to shout so you can hear them, the volume is too loud.

3

Sending text messages is as easy as moving your thumb. However, too much texting can cause thumb arthritis. This can lead to restriction of movement, swelling, and pain. To prevent this condition, known as texter's thumb, you should send fewer messages or use different fingers when you text.

4

A mobile phone is full of bacteria. When you press it against your face and ear, it can lead to skin problems such as acne, skin infections and rashes. Sharing your mobile phone makes these problems even worse. Dermatologists say that you should clean your phone before you use it. If someone borrows your phone, make sure to clean it after they finish.

5

Computers are useful tools for research and entertainment. However, staring at a computer screen for an extended period of time can cause eye strain. Some of the symptoms include blurred vision, dry eyes and a difficulty distinguishing between colours. Opticians warn that you mustn't spend too much time looking at the screen. Take frequent breaks. You don't have to leave the room – just close your eyes and let them relax.

1. Read the text again and match the headings below to the paragraphs (1-5). There is one extra heading.

FACE THE CONSEQUENCES OF GERMS

CHANGE THE TECHNOLOGY

SAVE YOUR SIGHT

KEEP IT DOWN

PLAY IT SAFE

SWITCH FINGERS

2. Fill in:

skin restriction frequent  
set hearing blurred eye  
distinguish confined thumb

1. \_\_\_\_\_ vision
2. \_\_\_\_\_ of movement
3. \_\_\_\_\_ between
4. \_\_\_\_\_ breaks
5. \_\_\_\_\_ strain
6. \_\_\_\_\_ the volume
7. \_\_\_\_\_ loss
8. \_\_\_\_\_ space
9. \_\_\_\_\_ infections
10. \_\_\_\_\_ arthritis

