

Eyestrain

Take time to be Health Conscious

In January, we talked about eyes. We all know that "vision matters", so let us go back to the eyes and talk about eyestrain as we "March into Spring." You're likely to have eyestrain if you use a computer, watch TV, drive a car, or live in a smoggy city. This should take care of just about everyone. Eyestrain can happen to anyone, but you are more likely to have it if you are over 40.

How do I know I have eyestrain? You know that you've got eyestrain when normally clear images begin to appear blurry. And, when your eyes start to ache so much that you just want to close them for awhile.

Nowadays, most people use a computer on the job, at school, at home, and just for fun. School children know just about as much as their parents when it comes to using the computer. Mine know more and now, with my limited vision problem,

my computer gets limited usage.

If you are a frequent computer user, you are probably aware of the glare on the computer screen. It's very important that you reduce this glare in order to minimize eyestrain. You might adjust your monitor so the letters on the screen are five times brighter than the background. When buying a monitor, choose one with amber or green letters, because they're the easiest on the eyes.

Whenever you are doing any type of close-up work that strains your eyes, stop every hour for two or three minutes to rest your eyes. There is a muscle in your eye that contracts when you are doing close work. By refocusing, you relieve the spasms in the eye muscle.

Your eyes have their own personal masseuse... the eye-



lids. Blink your eyes frequently because each blink cleans your eye and gives them a little tiny massage.

Most eyestrain is the result of vanity. If you have good vision but have trouble seeing up close, reading glasses might be enough to cure eyestrain. But don't let eyestrain ruin your eyes even

more just because you don't wish to wear glasses.

There's some nice-looking glasses on the market now. I think some people look good in glasses.

And, there's always contacts for people who just refuse to wear glasses. Anything to keep down eyestrain and save the vision. I know first hand that loss of vision is devastation to the soul.

One thing I personally miss the most is reading. If you are a devout reader, stop every 30 minutes and rest your eyes. Focus on something far away for a few seconds and then return to your book.

When eyestrain happens to you and you need quick relief, take a tea break. No, do not drink it. Put a warm towel soaked in eyebright

tea on your eyes. Lie down with it on closed eyes for 10 to 15 minutes. It will make your eyestrain go away.

We exercise our body; why not exercise our eyes? Yes, exercise is good for eyestrain and tired eyes. Here's a good one. Hold your thumb out at arm's length. Move it in circles, bringing the thumb in close then far away, as you follow it with your eyes.

Then change and do x's the same way. Five to seven times should be enough. Here's another one, but you will need someone to help you. Standing five feet away from a wall, have someone toss a tennis ball at the wall. You will try to catch the ball as it bounces off the wall. This will help to offset the strain to your tired eyes.

Yes, I repeat, eyestrain can happen to anyone. Do you drive a car? Do you watch TV? Do you use a computer? If so, this includes you. And that means you will have eyestrain occasionally. Take



by B J Armstrong

a break for a few minutes and save your vision.

1 Corinthians 2:9 But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

1 Peter 1:8 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory.

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen. (King James Version)

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