

Chapter 16

LIGHT

Care of the Eyes:

It is necessary that you take proper care of your eyes. If there is any problem you should go to an eye specialist. Have a regular checkup.

- If advised, use suitable spectacles.
- Too little or too much light is bad for eyes. Insufficient light causes eyestrain and headaches. Too much light, like that of the sun, a powerful lamp or a laser torch can injure the retina.
- Do not look at the sun or a powerful light directly.
- Never rub your eyes. If particles of dust go into your eyes, wash your eyes with clean water. If there is no improvement go to a doctor.
- Always read at the normal distance for vision. Do not read by bringing the book too close to your eyes or keeping it too far.

Visually impaired persons can read and write:

Some persons, including children, can be visually impaired. They have very limited vision to see things.

Some persons cannot see at all since birth. Some persons may lose their eyesight because of a disease or an injury. Such persons try to identify things by touching and listening to voices more carefully. They develop their other senses more sharply. However, additional resources can enable them to develop their capabilities further.

The most popular resource for visually challenged persons is Braille.

