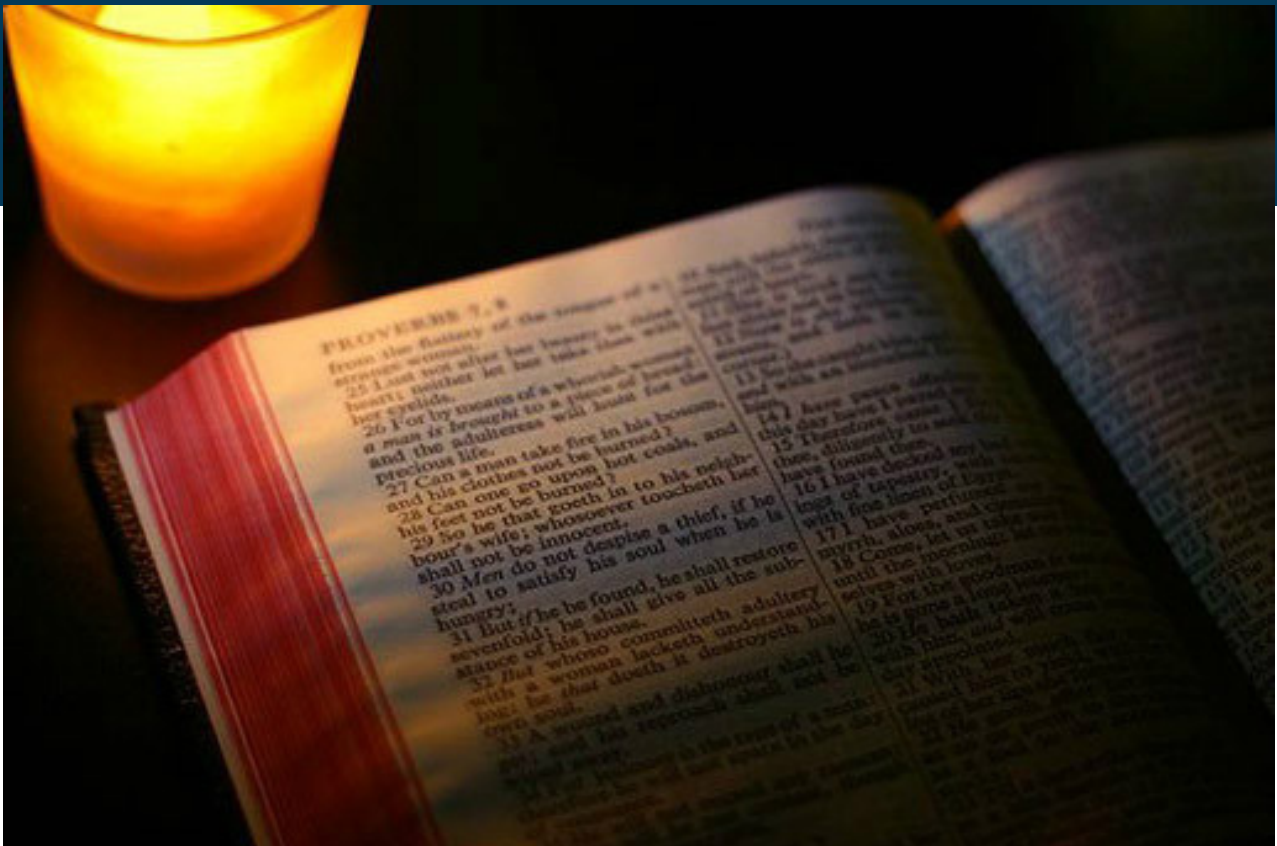


JANUARY 11, 2019

EYE NEWS

“看见世界看见爱”



The Harm Your Books Cause

WRITTEN BY KATHERINE HSU

Ever read an amazing book and just refusing to put it down, whether you're in the dark holding a flashlight to it, or reading under direct sunlight? You may think that the answer is quite simple, but keep reading and I'll explain the actual truth to you.

As studies have shown, reading in the dark or under a dimmed light will not cause long-term harm to your eyes. However, it will strain your eyes because the black words on white paper contrasting with the darkness of your room will cause the words to become unclear and you will be forced to hold the book extremely close to you. Even though it won't cause any long term side effects, you still shouldn't read under a dimmed light or read in the dark because it will still cause you mild discomfort. Doctors still have arguments about it, so don't worry about the occasional reading for five minutes in the dark, but don't make it a habit.

The harms of reading under direct sunlight to your eyesight are extremely harmful for the human eye. Long term exposure to direct sunlight could definitely cause permanent retina damage. The easiest way to prevent harm is wear sunglasses and a hat when under direct exposure to the sun.

*What's in this
newsletter:*

**DOES READING IN
THE DARK
ACTUALLY HARM
YOUR EYES?**

