Get Started with Open CV

1, Set configuration of Open CV library:
Numpy, cv2
https://www.scivision.co/install-opencv-3-0-x-for-python-on-windows/

2, Processing with Camera:
Capture the screen of camera and show it in a window.

3, Add delay:
Got a Problem
When I add a 1s delay in the loop of capturing and showing the image it is no longer continuous.

Attached is my draft program.

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