For your eyes only

When did you last have an eye test ? One in three adults in the UK fails to have a regular eye test and, in doing so, is putting their eyesight at risk. Many women spend a fortune on eye make-up products but neglect the important thing - the eye itself.

Having an eye test every two years is not very expensive (£10 to £40) and many people can get their eyes tested free. Eye tests are free for everyone in Scotland but, in the rest of the UK, free tests are given only to those who are under 19 and in full-time education and to anyone over 60. There is also no charge for an eye test for people with diabetes or glaucoma, or for those who receive certain state benefits.

If you use a VDU (computer screen) at work, your employer must pay for regular check-ups and the cost of a basic pair of glasses if you need them specifically for work.

Don't make the mistake that many people do by just going into a shop and buying a pair of reading glasses for a couple of pounds. You should regularly get a proper eye test lasting 20 to 30 minutes. An eye test not only checks out a whole range of eye defects but can also pick up indications of other medical problems.

1. *When did you last have your eyes tested by a qualified optician ?*
2. *Are there occasions when your eyesight is not as good as it might be ?*
3. Many men and women don't wear glasses because they think it makes them less attractive.

   What do you think ? Say why.
4. *If you needed to wear glasses, what type of frame would you choose or would you try contact lenses instead ? List the advantages and disadvantages of each.*
5. *Looking through this article:*
   - ***a.*** *How many paragraphs are there ?*
   - ***b.*** *How many capital letters are there ?*
   - ***c.*** *How many figures are there ?*
   - ***d.*** *How many times does the word '**eye**' appear ?*
6. Here is the last paragraph of the article in the print size often used in magazines, mail order catalogues, official leaflets and other kinds of everyday reading matter.

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   How easy do you find it to read ?