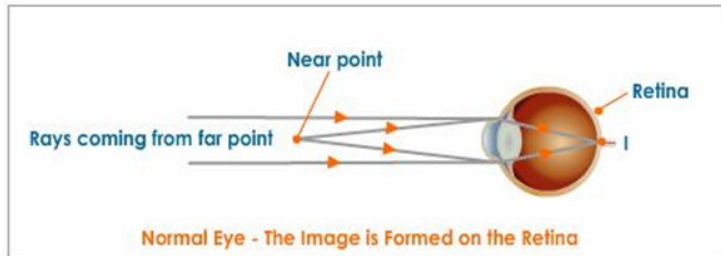


Do you know **WHAT** your near point is? Your near point is the point closest to your eyes that you can achieve focus without straining the eye. In a normal eye, this distance is 25cm.

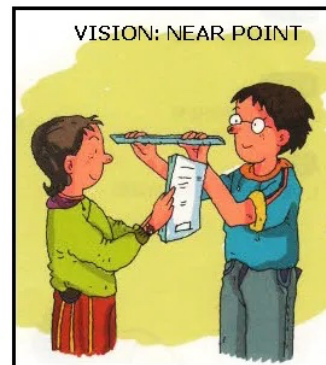


Is your near point the same today as it will be 10 years from now? 20 years from now? Chances are the answer is no. The lenses in our eyes have flexibility which allows our eyes to change focus from distant objects to near objects. As we age, the lenses in our eyes become less flexible and our near point moves farther away.

Do you know **WHERE** your near point is? It is easy to find. All you need is your finger (and a friend and a ruler, if you want to know the exact distance).

Hold your finger in front of your nose with both eyes open. Look at your finger and move it away from your face.

When your finger comes into focus, without straining your eyes, this is your near point. Have your friend measure the distance from your forehead to your finger with a ruler.

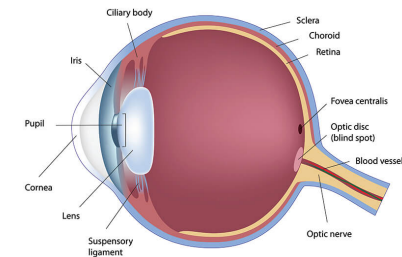


Have you noticed that when you walk into a dark room from a light room it takes a little while for your eyes to adjust to the darkness? This is your pupils, or the black center part of your eye, doing something called dilating. Dilating pupils are pupils that are growing larger to let in more light. Your pupils regularly adjust their size between large and small to compensate for the amount of light around you.

You can watch your own eyes dilate with a mirror and a flashlight. Find a dim room with enough light that you can see the reflection of your eyes clearly in a mirror. Shine a flashlight at one of your eyes, from the side, and watch your pupil get smaller. Turn off the flashlight. How long does it take for your pupil to dilate back to the same size as the other eye?



Blue Field Entopic Phenomenon is a fancy way of saying that you can see bright white squiggles in your eyes when you stare at the bright blue sky. Those squiggles are actually your white blood cells moving around in your eye in front of your retina.



Go outside, stare at the sky (but not the sun!!!) and try it!

