

# **SWIFT LEARNING BOOK-1**

**(Part VII)**

## **Care of the Eyes**

**SWIFT Topic: People & Countries (Human Science)**

Part I: Eye Care

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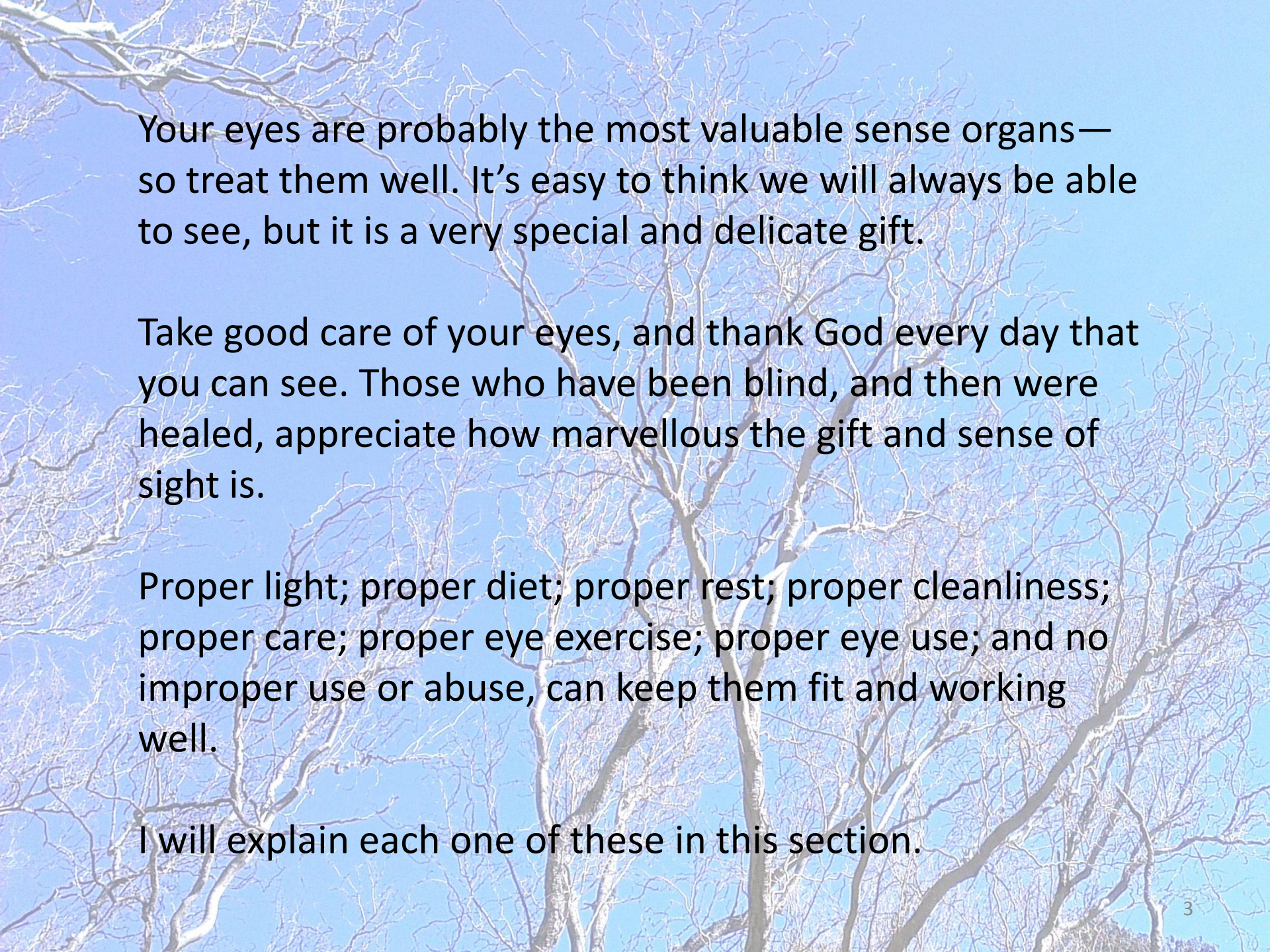
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Your eyes are probably the most valuable sense organs—so treat them well. It's easy to think we will always be able to see, but it is a very special and delicate gift.

Take good care of your eyes, and thank God every day that you can see. Those who have been blind, and then were healed, appreciate how marvellous the gift and sense of sight is.

Proper light; proper diet; proper rest; proper cleanliness; proper care; proper eye exercise; proper eye use; and no improper use or abuse, can keep them fit and working well.

I will explain each one of these in this section.

# Proper Light

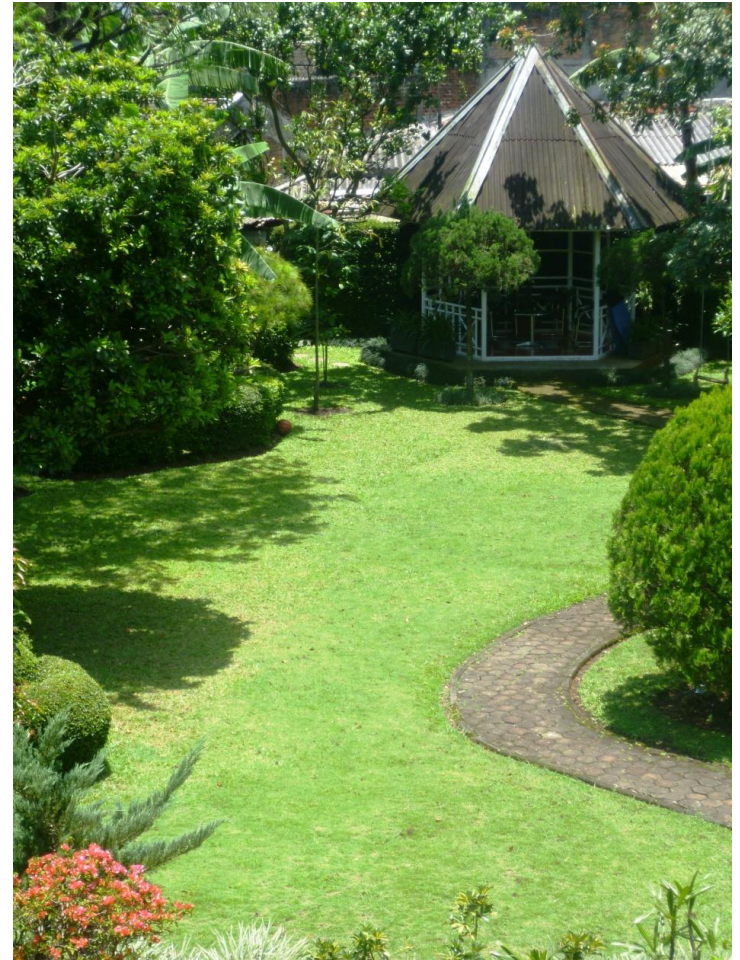
**Always be sure to read in good light,** because your eyes need light to focus. Read, or write, or sew, or do projects that take detailed focus, in lighting that doesn't strain your eyes.



**You should have sufficient light so you can see clearly and easily.** That way you don't wear out your eyes or tire them too easily.

**Eyes also need sunshine and exercise just like you do.** Believe it or not, sunlight or natural light actually strengthens your body and is good for your overall health.

The light that the sun gives, the cheery sunshine that is around you when you go outside, is good for you, and good for your eyes.



**You not only expend energy through your eyes, but you also receive energy from light through your eyes.**

It is interesting to know that the places in the world where people enjoy being out in the lovely sunshine, are places where the people are generally happier.

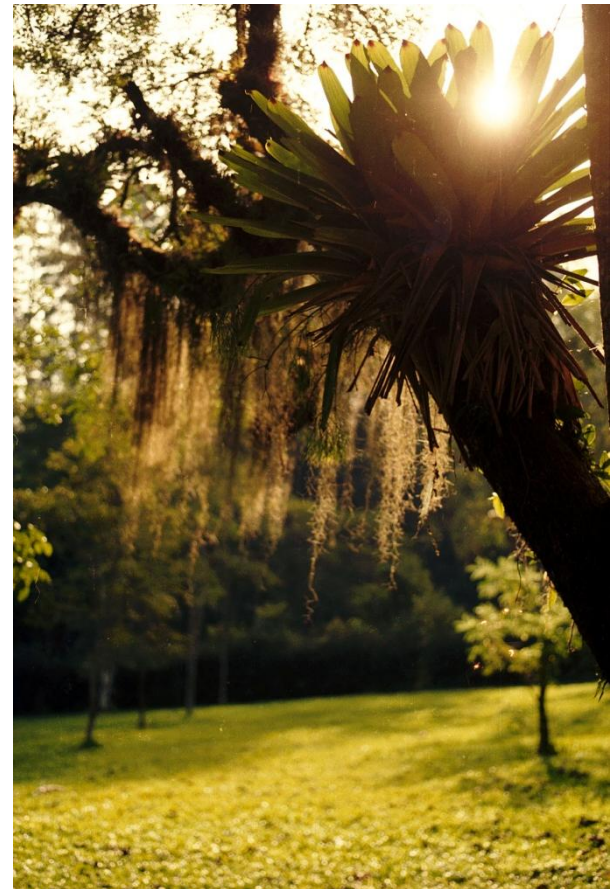
Whereas in some of the colder, darker, greyer places, where people spend much more time indoors, surrounded most of the time by manmade light, and manmade objects in a building, many people's disposition and mood is often found to be rather sad, despondent, depressed, and grumpy.



**However, looking directly at the sun is very dangerous for your eyesight, because it is too bright for your eyes.**

We should never look directly at it, even at special times—like when a solar eclipse occurs. You have to look through something very dark to protect your eyes from the burn it will give your eyes, which could cause you to go blind.

If sunlight or a bright light are reflecting off of something—like a mirror, or shiny piece of metal, or white snow, or shiny glaring white paper, this form of light is too bright and hard for your eyes.



**Sunglasses can weaken your eyes. They are only good for rare occasions**, such as when skiing, as the sun will reflect brightly off the snow and hurt your eyesight. Some white sand beaches can be very bright in this way, too.

When an adult is driving a car and the sun is low and bright in the sky, and it will make it hard for them to see anything else, tinted glasses or sunglasses might help.

But for normal, every-day use, sunglasses are not a wise choice for good eye care, and are not beneficial. They should be avoided.

**A sunhat with a wide brim helps to shield the bright rays of the sun from the eyes**, in a healthier way, when it is needed.



# Proper Diet

**Diet can affect your eyes. If you are not eating the right kinds of foods, your eyes don't get the right kind of nourishment.**

Here are a few examples of foods that help your eyes work well:

Kale (and other dark green leafy vegetables) have something called lutein. When you eat it, this acts like sunblock, protecting your eyes' retina (the light-sensitive tissue lining the back of our eye).

Dark greens can be good to eat raw, such as in a salad or a blended drink. Also, when these are lightly steamed or cooked with a bit of natural oil added, this helps our bodies absorb the lutein.

Eating them either raw (and chewed very well or blended), or eating them lightly cooked, each way has different benefits.

Also, the Vitamin A in these greens is essential for good vision, as it helps protect the cornea (the surface of the eye).



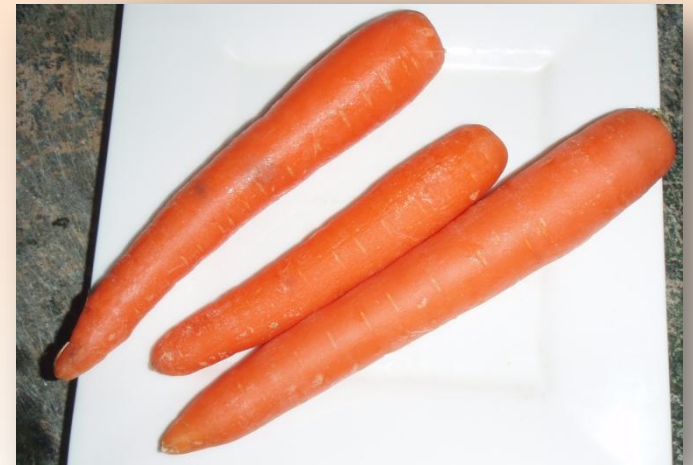
**Bright orange vegetables have beta-carotene, which the body converts into Vitamin A.**

It's much better to get your vitamins through whole, natural food, as your body only converts beta-carotene into as much Vitamin A as you actually need.

**Your body knows what you need, just feed it the right foods,** and it will supply your eyes with the nutrients to keep them working well. Too much Vitamin A taken from Vitamin pills can be toxic.

**Some good bright orange vegetables are:**

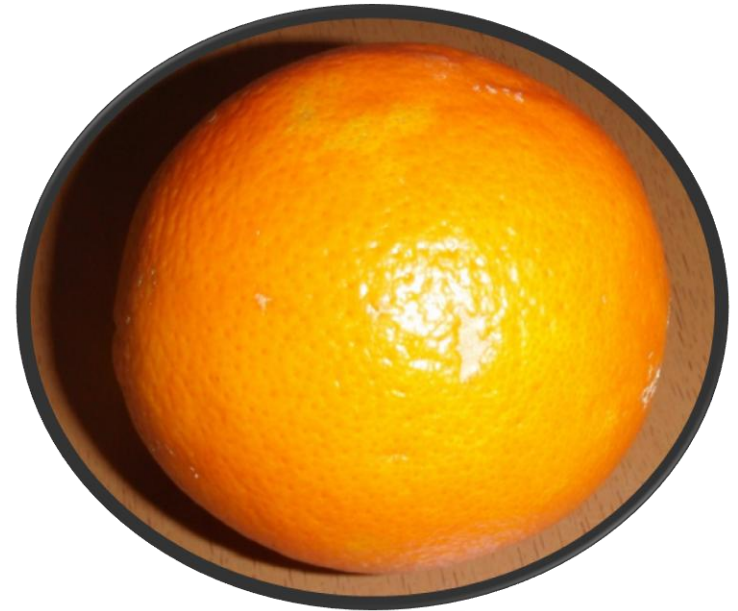
Carrots, orange bell peppers, sweet potato, pumpkin, and squash. These foods also have Vitamin C, which helps the body form and maintain the collagen found in the eye's cornea.



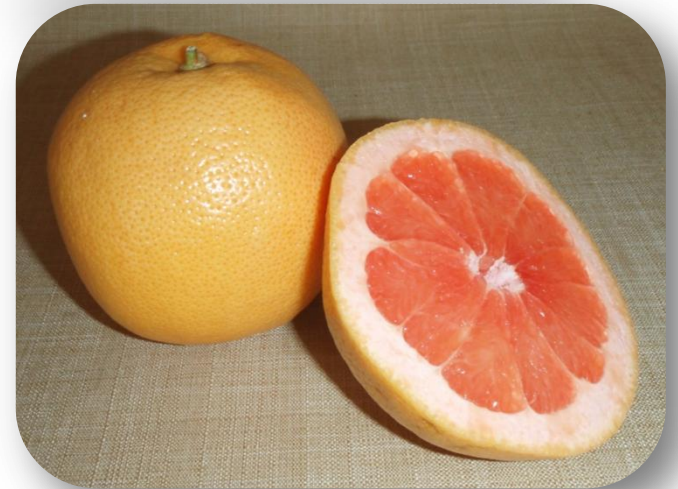
**Citrus fruit are all rich in Vitamin C**

(oranges, grapefruits, tangerines, lemons, limes), which is important for eye health.

**Be aware, however, that light and heat can destroy Vitamin C**, so it's best to enjoy these fruits uncooked and freshly cut or juiced (not processed, nor cut long before you eat them).



**These fruits also contain flavonoids**—antioxidants that work with Vitamin C in the body to help protect against cataracts in eyes (as well as reduce other effects of aging).



**Fresh berries also contain plenty of Vitamin C, beta-carotene, and antioxidants.**



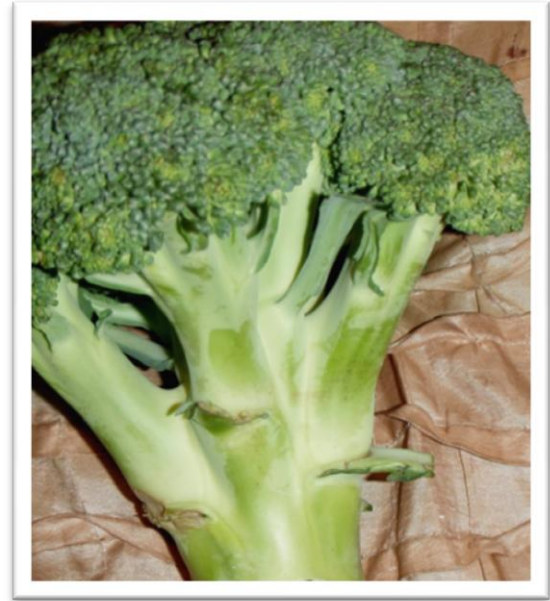
**Legumes** (lentils, peas, beans, chickpeas, etc.) are a source of flavonoids and zinc.

Zinc enables Vitamin A to travel from the liver to the eye so that it can be used to protect the retina.

Without enough zinc you might have a harder time seeing in the dark.



**Broccoli is very good for eyesight**, as it has lutein and zeaxanthin, beta-carotene, and is high in Vitamin C. Eat some raw in salads, or steam it or stir-fry it slightly, adding a little natural oil and pinch of pure salt.



**Fresh, clean organic salmon and some other good fish** contain Omega-3 fatty acids that aid in good health and eyesight.

**You can also get this from flaxseeds.** Grind them up to add to your cooking, blend them in drinks, or boil some and use the liquid in shakes and drinks or sauces.



**Tomatoes contain Vitamins A and C, along with lutein and zeaxanthin, as well as a nutrient called lycopene.** Eat fresh tomatoes raw, or sometimes lightly cook them. Both methods of serving have benefits.

Homemade sauces from fresh tomatoes, eaten soon after lightly cooking, are better than canned and processed sauces.

**Nuts and seeds of various types, as well as avocado,** contain Vitamin E and omega-3 fatty acids—both are important for good eye health.



Add these to salads or use them in healthy sugarless deserts, or blended drinks.

# Proper Rest

**We need to get sufficient sleep to keep our eyes working well.** Staying up too late, or not taking time to rest our eyes during the day, puts them under too much strain. Rest and sleep will help them to recover, restore, and heal.

**We can't always take a nap, but we can give our eyes a rest** from what they are working hard doing, by looking away at something else.

We could take a look out the window, or into the happy eyes of a loved one who might be waiting for a moment of our time. Or we could just shut our eyes for a few moments while taking time to pray or listen to some beautiful music. These give our eyes a nice rest.



Sometimes stopping all light from entering your eyes for a while helps them to get a break, if they feel strained. You can do this by cupping one hand over each eye, while you shut your eyes, making it very dark for your eyes.

Also, a dark facecloth, wet with warm water, can be folded and placed over your closed eyes as you lie down for a while. This helps keep the light out and gives a soothing rest to strained eyes. You can do this all night, if you need to, for longer times of recovery.

Sometimes a massage on the top of the head, on your eyebrows and forehead, and gently around your temples while closing your eyes can relieve strain and stress, and help the eyes feel relaxed again.



# Proper Cleanliness

- **Keep dirty fingers out of the eyes.**
- **Only dry your face and closed eyes with a clean towel.**
- **Use a pillowcase on your pillow, so it can be washed regularly.**
- **Use personal pillows, not ones shared by all, so eye infections and illness won't be spread through the pillow.**
- **Keep other bedding and sheets clean.**
- **Use your own personal face cloth and face towel, that isn't shared by others.**
- **If your eye itches, only rub it gently with a clean hand. Sometimes the back of your hand is cleaner than your fingers, if you have no way to wash your hands right then.**



**Shampoo for hair washing is unnecessary in most cases**, and much of it these days is made with many chemicals that sting and hurt the eyes. Water is the best cleaner for showers, but if you use shampoo, try to get the natural pure liquid soap without things added to it. This won't hurt your eyes when you shower.

**Eye illnesses with sticky eyes, are usually contagious**, so extra care needs to be taken that the sick one doesn't touch things that others will touch with their face or fingers. Someone might



then touch their own face or eyes with those contaminated fingers, and contract the illness. The person with an eye ailment should sleep on separate bedding, use separate or disposable hand and face towels, use separate dishes that are boiled after meals, and wash hands often—but not using a bar of soap that others use.



# Proper Care

**We should be mindful of sharp objects, and not get them near ours or others' eyes.** We should be careful when walking or running or playing so that we won't poke our eyes with things we are holding, or by things left around that we might fall on, or by low tree twigs and branches.

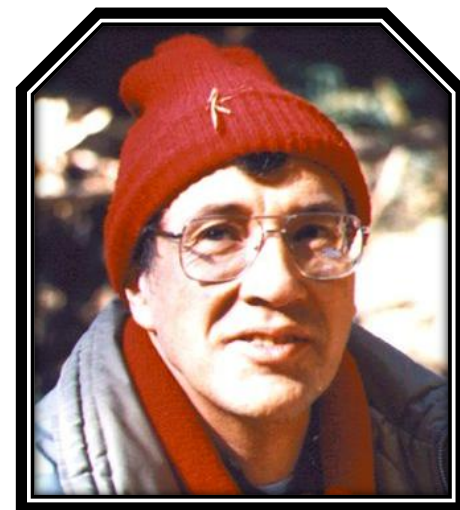
**It's good to get your eyes checked every now and then by an eye specialist,** to make sure they are working right, and you are getting to enjoy proper sight without too much eyestrain. Sometimes wearing glasses for a time is what is needed, and is a help to your eyes.

Glasses can help when eyes aren't working right, but they are expensive, and certainly not as fun and easy as being able to see everything well with your own eyes.

However, many times people could have avoided the need for glasses, if they took good care of their eyes, and ate the foods that strengthen the eyes. Not always, but there is hope that eyes can improve in time, when living a healthy lifestyle.

Some people have changed their need for glasses by changing their diets and living a healthier life style. They decided to eat lots of good healthy veggies packed with Vitamin A and other nutrients, for example.

After they started having a healthier way of living and eating, better use of their eyes, and spending enough time outdoors in nature and natural light, as a benefit their eyesight improved.



**Those working on handyman jobs should wear protective glasses or goggles, to keep harmful bits of things from getting in their eyes.**



If you do feel something has gotten in your eye, one way to help clear it is by cupping your hand, filling it with water—making it a pool of clean water. Let your eye go for a swim in it by blinking your eye open and shut, in the mini pool of water made by a clean hand.

You can also gently pull your upper eyelid out by holding on to the eyelashes while trying to blink. This might help anything that is under the upper lid to move down where you can see it.

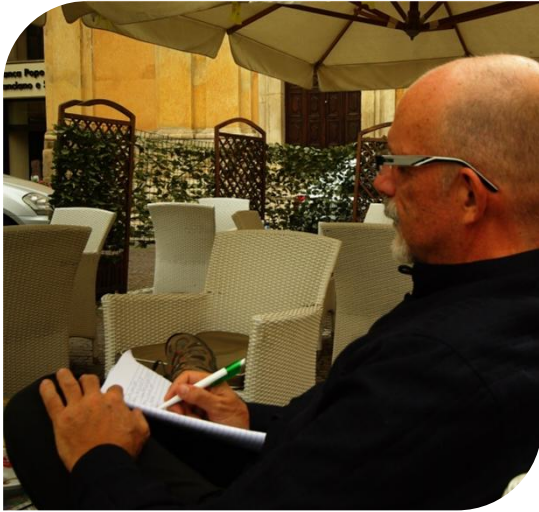
You can help an item in your eye to be seen by looking far to the right or the left, or up or down, to see where it might be.

**Sometimes a bit of clean tissue or cloth that is wet, can very carefully touch on the item in your eye, if you see where it is, and remove it that way.**

**This can help you to gently remove an eyelash that has fallen into your eye or a little insect, for example. But if you can't get it out, don't worry, as your eyes are designed to remove things that don't belong there, and the tears and blinking will eventually clear it away.**

**Sometimes we want to take it out sooner, as it hurts and may be scratching our eyeball. Sometimes, even if the item has been removed, if the eyeball has been scratched it can still feel like something is in our eye.**

**If after prayer, thorough washing, and checking doesn't make it feel right, just give it a bit of time, and it will usually recover.**



## Proper Eye Exercise

When you run and play outside, your eyes have to work hard so you can see things close up or far away. That's good exercise for them and keeps them strong.

Using eyes for reading and studying what is good to learn is something we all appreciate. However, too much reading or looking at a page or reading on the computer is hard for the eyes, as they need to relax while looking at nature, and get exercise.

**Eyes can relax and get exercise by being allowed to focus on things very far away—like a bird flying up high, or that mountain way over there. Then focus on little tiny things nearby—like seeing how many spots a little ladybug crawling on the grass has .**

**Another good eye exercise is to move your eyes to see something over to the right, then over to the left, then way up and then low down—without moving your head.**

**You can also hold your finger out and focus on it, as you move it around from side to side.**



# No Improper Use or Abuse

If you sit indoors much of the day or evening and watch TV or a computer screen, or other small electronic screens, your eyes will get weaker and weaker because they don't get the exercise they need.

Looking at these things strains your eyes, and prevents your brain from using and strengthening the most important parts.

It takes lots of energy to use our eyes in strenuous ways—especially when they are overused in ways that they weren't designed to endure.

Too much use of electronic screens, big or tiny, can waste the energy we might have liked to use to do something more important or beneficial.



**Poor air quality, smog and pollution can have a big impact on your eye health.**

People living in the city might want to get a good air filter of some kind for their home.

**When you are a grown-up, avoid using lots of eye make-up.** Cosmetics and face creams are usually made with many unnatural ingredients that can bother your eyes.

**Ladies with pretty shades of native coloured skin look sufficiently coloured naturally,** but sometimes those with very light skin or facial features often feel they want more colour. Just a touch of make-up that takes only a moment to apply can be enough to highlight and show your bright lovely eyes, if desired.

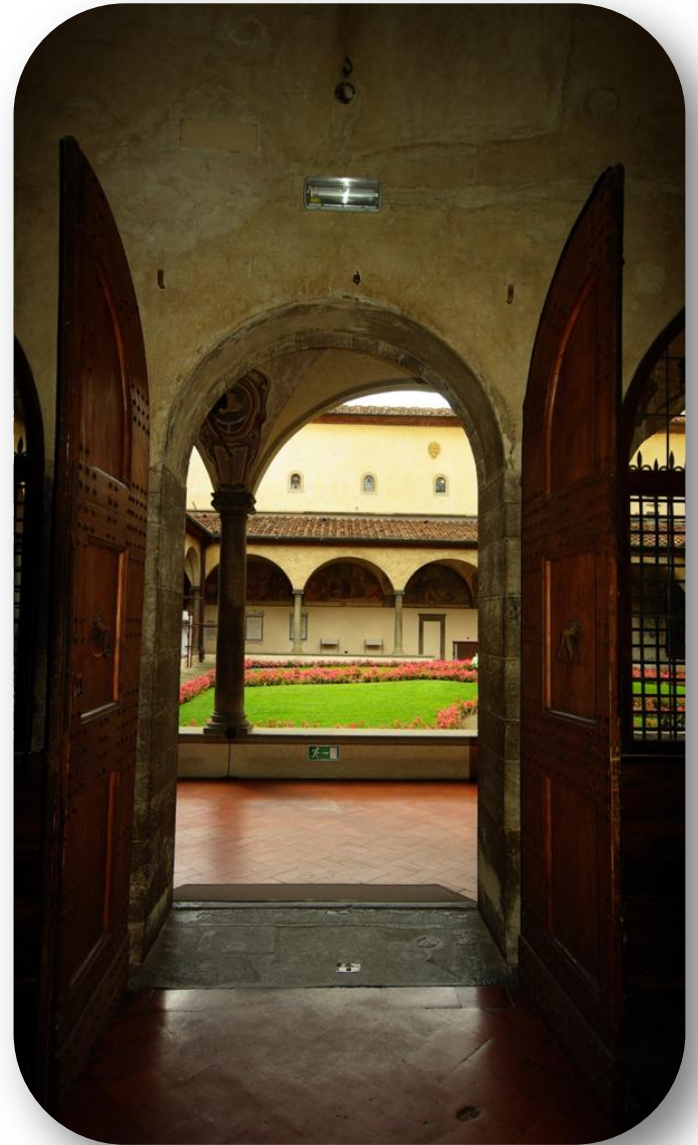


# Proper Eye Use

**Through our eyes and ears we can experience lots of things on Earth.** We need to also guard ourselves from things that wouldn't be good for our heart and mind and spirit.

**Your eyes are like windows or doors or holes, and they let things in.** Whatever you are looking at will enter you in some way and affect you in some way, and often in many ways all at once—physically, mentally, emotionally, and spiritually.

**We have to choose what to watch, what to look at, and what to read.** Whatever we use our eyes for will have an effect on us and how happy we are, or how much good we can do.



**If we look at beautiful things**—even a lovely shaped tree, or artistically designed pretty flower, a gorgeous painting, or a smiling face looking at us with love, these things have great influence on us. For we not only see things with our eyes, but absorb them as we do; and then we tend to reflect them, like a mirror. We show or shine out to others in some way what we saw.



**We may not even realise it, but it happens rather automatically, because humans learn from and are changed by what they observe.** What we look at, see, or watch, will have an effect on the way we are, and what people will see in us when they look at us.