

Is education making you blind? 学习真的会伤害视力吗？

一项发表在《英国医学期刊》上的新研究结果称，发现“有力证据”表明人们花在学业上的时间越长，视力就越差，从而更有可能需要佩戴眼睛。

It took a clever **feat** of genetics to **figure out** this relationship. The researchers studied what happened to people who had **mutations** in their DNA that were either linked to **short-sightedness** or to spending a long time in education.

通过遗传学一系列巧妙的计算，人们找出了这种关系。研究人员分析了基因突变人群的基因变化与近视或花在学业上时间的关系。

By following 68,000 people in these groups they were able to show that time in the classroom was causing **damage** to our eyes. Everyone will be affected differently, but on average the difference between finishing university and **dropping out** at 16 is big enough to require glasses when driving.

研究人员通过跟踪这些群体中的 6 万 8 千人能够证实，在教室里学习对我们的眼睛造成了伤害。每个人都会受到不同的影响，但平均而言，完成大学学业的人和 16 岁辍学的人之间的差距大到前者开车时需佩戴眼镜。

The study in the British Medical Journal is not a call to **quit** school. The researchers say getting children outside in bright light for classes and break time may be the best way of protecting their **vision**.

这项发表在《英国医学期刊》上的研究结果不是要呼吁大家退学。研究人员表示让儿童在明亮的户外活动、上课和休息可能是保护他们视力最好的方法。

1. 词汇表

feat	了不起的技艺，业绩
figure out	计算出
mutations	(基因的) 变异，突变
short-sightedness	近视
damage	损害，伤害
dropping out	退学，辍学
quit	放弃，停止
vision	视力

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. What did the research find happened to our eyesight when we spent longer time in the classroom?
2. True or false? *If you go to university you have to wear driving glasses.*
3. Is the study recommending you finish school at the age of 16?
4. What can help children protect their eyesight?

3. 答案

1. What did the research find happened to our eyesight when we spent longer time in the classroom?

If found our eyesight got worse the longer we spent in the classroom

2. True or false? *If you go to university you have to wear driving glasses.*

False. It's not compulsory to wear driving glasses but the research did find on average the difference between finishing university and leaving education at 16 is big enough to require glasses when driving.

3. Is the study recommending you finish school at the age of 16?

No. It is just highlighting the difference in our eyesight between leaving education at 16 and staying on to go to university.

4. What can help children protect their eyesight?

The researchers say getting children outside in bright light for classes and break time may be the best way of protecting their vision.