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## Sight problems in Asian students 亚洲学生的视力问题

科学家们说亚洲离校生中患有视力问题的人数这几年急剧上升。研究人员在科学杂志《The Lancet》上发表报告指出几乎 **90%** 的年轻人患有近视—他们认为主要原因是学生们有繁重的功课及没有足够的室外活动而缺乏室外光线。请听 **BBC** 英国广播公司科学记者 **Matt McGrath** 发回的报道：

The strong **emphasis** on educational achievement in China, Japan and other parts of South East-Asia may be coming at a **heavy price**. Researchers say that hard work at school plus the lack of **exposure** to outdoor light is damaging the eyes of almost nine out of ten students - with one in five at serious risk of **visual impairment** and blindness.

The scientists say that young people need up to three hours a day of outdoor light, but many infants are also missing out as they nap during the middle of the day. Dr. Ian Morgan is the lead author of the study:

*I think what's happened in South-East Asia is we've got a double whammy. We've got the massive educational pressures and we've got the construction of a child's day in a way that really minimises the amount of time they spend outside in bright light.*

The scientists say that **genetic factors**, long thought to play a **big role** in short sightedness, are not as important as the environment. They point to Singapore as a place with several distinct **ethnic groups**, all of whom are now suffering high levels of **myopia**.

The authors suggest that **mandatory time outdoors** should be considered by educational authorities across South-East Asia as a way of dealing with the problem.

## Questions

1. What is the risk of lack of exposure to outdoor light to students in Asia?
2. Why are infants not getting enough outdoor light during the day?
3. Do scientists think hereditary factors still play a big role in short-sightedness?
4. Should educational authorities force children to go outdoors in order to deal with the short-sightedness problem?

## Glossary 词汇

emphasis	强调
a heavy price	沉重的代价
exposure	暴露
visual impairment	视力损害
nap	小睡
genetic	基因的
a big role	一个大的因素
ethnic groups	多民族
myopia	近视
mandatory	强制性的

## Answers to the questions

1. What is the risk of lack of exposure to outdoor light to students in Asia?

**Answer:** The students risk developing eye sight problems.

2. Why are infants not getting enough outdoor light during the day?

**Answer:** Because infants tend to take a nap during the day.

3. Do scientists think hereditary factors still play a big role in short-sightedness?

**Answer:** No, genetic factors do influence short-sightedness, but not as important as environmental factors as scientists suggest.

4. Should educational authorities force children to go outdoors in order to deal with the short-sightedness problem?

**Answer:** Yes, scientists suggest that all children should be made to go outside during the day to get more exposure to natural day light.