

Emergency Reading Glasses For Survival

1.0 Computer Printout Emergency Pinhole Glasses:

Pinhole technology is not a new discovery - far from it.

As far back as the 5th Century BC, the ancient Chinese people discovered that light passing through a tiny pinhole makes an image on the background it falls upon.

Aristotle (384-322 BC), the great Greek philosopher, expanded on this, laying down the principle of pinhole imagery.

The first real application of pinholes came over 1,000 years later when Alhazen (Ibn Al-Haytham), used the principle to invent the pinhole camera - a light tight box through which a pinhole on the front surface of the box allows direct light rays to enter and form an image on the back of the box.

This idea of capturing an image drove inventors and scholars in Renaissance Europe to explore the science of pinholes further, discovering that light moved in straight lines, unless refracted by a lens or some media that acted like a lens.

This led to the invention of the Camera Obscura as a way of capturing a large image through a small lens.

Pinholes have been used to aid vision for hundreds of years.

There is evidence that Eskimo communities have used fabrics and wood with narrow slits in as a primitive form of pinhole glasses, in order to protect their eyes from the glare of the sun off the snow and ice for many centuries.

In the mid 20th Century, pinhole glasses for public use were pioneered.

Although the first prototypes of pinhole glasses were unattractive, heavy and cumbersome to use, technological advances in materials, lasers and production methods have meant that the pinhole glasses of today are high-tech in comparison.

The medical profession too have adopted the science of pinholes as a way to measure visual acuity and to detect refractive vision disorders in their patients.

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Ophthalmologists often use a pinhole occluder to gauge visual acuity on a 20/20 or 20/50 scale, and also to determine the extent of a patient's refractive error (measured in diopters).

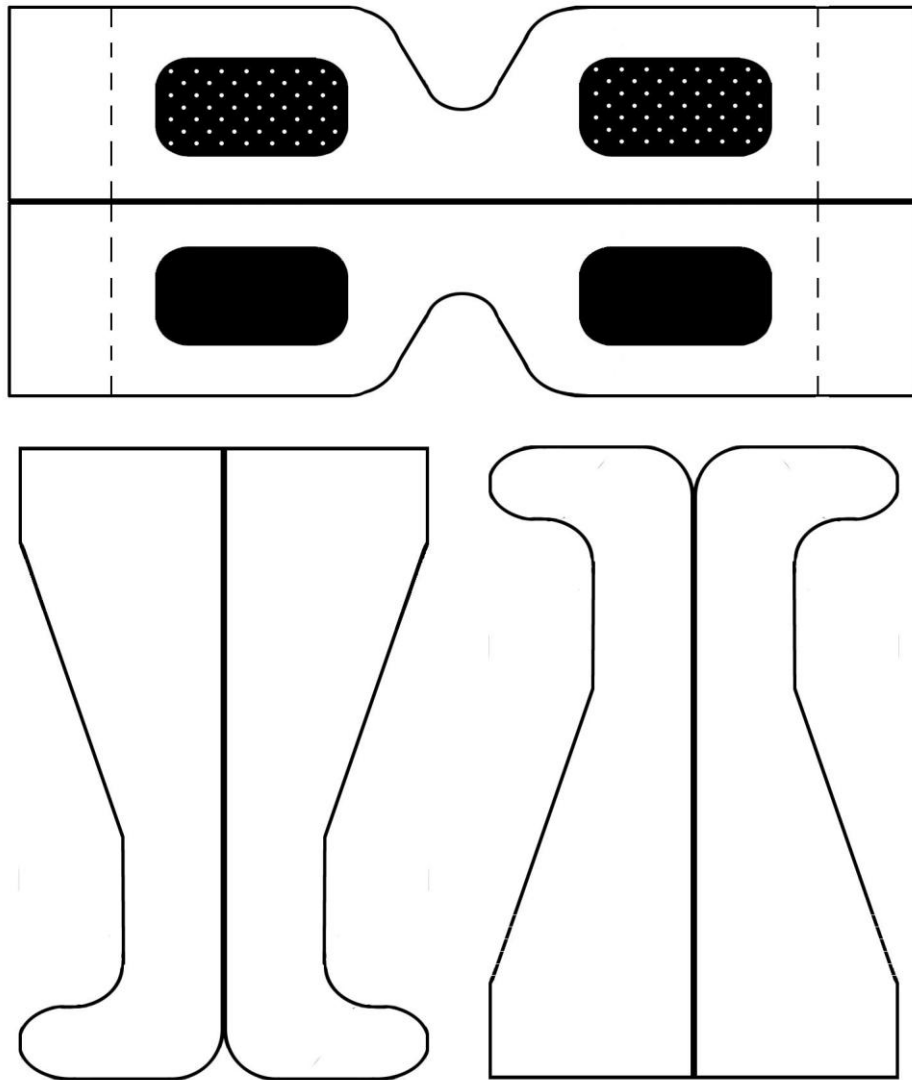
This device is essentially a pinhole which is held very close to the patient's eye, and works on the principle that anything seen through a tiny hole will always be seen in focus.

If the patient can see a target image through the pinhole more clearly than without the pinhole, then traditionally ophthalmologists prescribe eye glasses (logically, the ophthalmologist should prescribe pinhole glasses as he/she would have just proved that pinholes do improve vision!)

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Pinhole Spectacles

A. Print on 240gsm card. B. Fold along thick central line on each part and glue together. C. Fold over the ends of front part along dashed lines and glue on the "legs" of the spectacles. D. Using a thick needle pierce dots on eyepieces.



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2.0 Cardboard Pinhole Glasses:

You can make a simple cardboard version by cutting out a piece of cardboard in the shape of glasses, and using elastic (can use rubber bands) to attach it to your head, or cut out cardboard earpieces.

Poke several pinholes in the cardboard, about 1/10 inch (2.5 mm) apart.

An easy way to do this is to hold the cardboard up to a bulletin board and use a thumbtack or large needle to make the holes.



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3.0 Aluminum Foil Pinhole Glasses:

Aluminum foil makes for cleaner holes, so you may want to cut out a couple of foil "lenses" and tape them in place.

Or you can wrap foil around a pair of old glasses frames and make pinholes in the foil.

In the photo, I've used a pair of clear safety goggles.



4.0 Pinhole Glasses Exercise:

How to exercise your eyes with Pinhole Glasses

STEP 1 - Rotate your eyes from corner to corner in a clockwise direction, 10 times or more. Then repeat in an anti-clockwise direction.

STEP 2 - Move your eyes from side to side between the triangles, 10 times or more. This action simulates Rapid Eye movement.

STEP 3 - Take a magazine or book. Hold it at arm's length and choose one word. Concentrate on this word and slowly move your arms towards your eyes as closely as you can focus. Then slowly move to arms length again, still concentrating on your chosen word. Repeat 10 times or more.

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5.0 About Using Pinhole Glasses:

Pinholes are best worn when watching TV, at the computer, or reading.

When reading always make sure adequate lighting is supplied.

As you look through Pinholes some light is cut out.

Pinholes are also excellent for computer operators.

Computer screens tire and strain eyes rapidly, Pinholes, allow your eyes to relax.

Your eyes may take a little while to adjust to Pinholes, but in a short period your eyes will not notice that they focus through these tiny holes.

That is why watching TV is ideal; you forget very quickly that you are wearing them.

Pinholes should be worn for a few hours a day, or as often as possible.

Never wear your Pinholes when driving or doing any activity where sideways vision is required.

Warning - Do not use as sun glasses.

Always make sure your Pinholes are clean and check no holes are blocked, it is very important to have complete vision.



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