

Making Glasses Fit Your Job

A second bifocal, one in another spot, even trifocals could improve your work

By JACK RUNNINGER, O.D.

There's one TV commercial I like to watch. It's a favorite because it is typical of my own handiwork: A do-it-yourselfer breaks a bathroom tile attempting to drill a hole in it; he cuts out two pieces of plywood with a hand saw only to discover that his pieces don't come close to fitting. The

point of all his bungling is that you need good tools to make good repairs or build fine projects.

A friend watching this inept workman began talking about the equipment he owns. But he failed to mention the most important tools in his shop—his eyes.

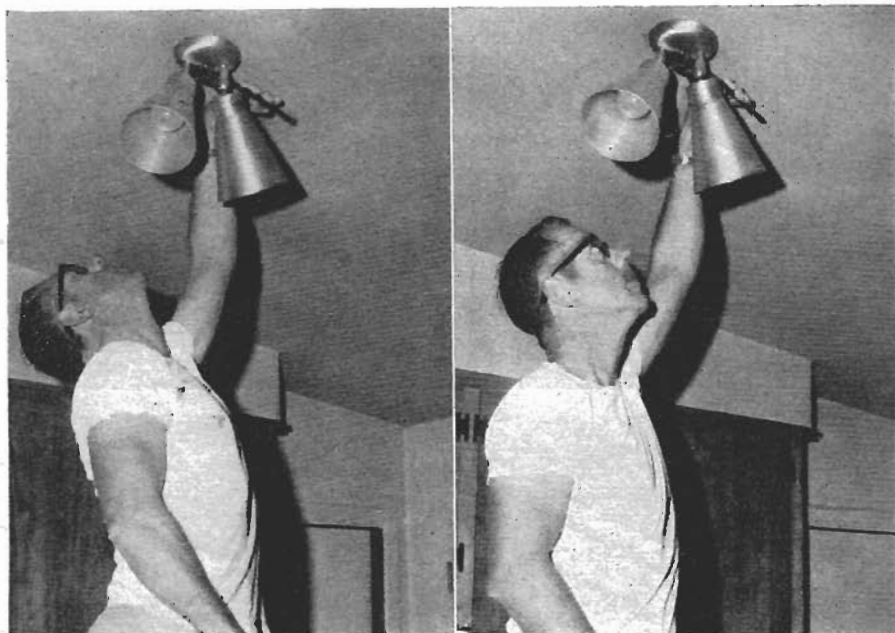
Many of us give these important tools little or no care. Those who wear glasses often fail to fit them to the type of work being done.

How your eyes work for you. Just as steel tape, calipers, or gauges gather information for a job, your eyes gather information for your brain. You don't see in the eye itself; you see in the brain.

The eye receives light rays reflected from objects and converts this light energy into coded electrical signals. These pass along the optic nerve to your brain. Your brain then sees by interpreting the signals and decides what action should be taken by your arm and your hand—to which a saw or lathe is simply an extension.

The brain's decisions and actions, like a computer's, are only as good as the information fed to it. If your eyes send faulty data to your brain, the brain sends wrong signals to the arms, hands, or foot controlling the work. Then the job is botched—or worse, you get injured. Take these three recent

[Continued on page 114]

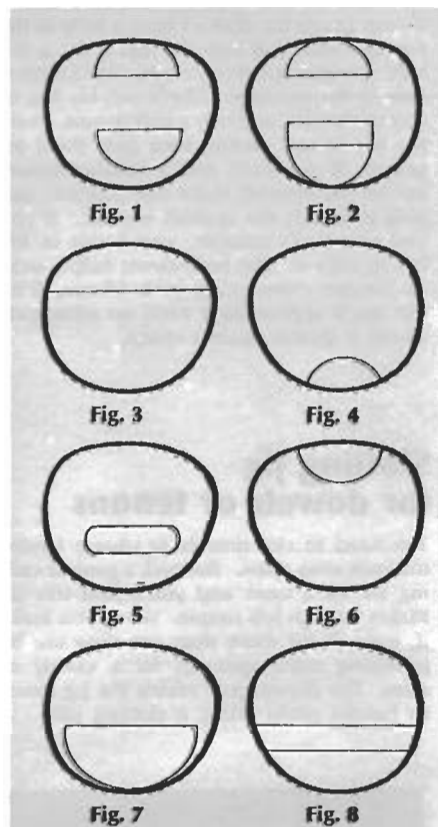


Standard bifocals force you into an unnatural position, like this, when you must see

overhead. But put a second bifocal in top part of lens and you can use it as above



When you work on the engine of your car, you need good vision an arm's length away.



Pick the lens for you

Second bifocal at top of lens (1) is often needed by a man who must see at close range above eye level, perhaps even a trifocal with upper bifocal (2). For work at close eye level you need a high-set bifocal (3). A roofer or anyone working on scaffolding may need very low bifocal (4), ribbon bifocal he can look under (5), or, if he looks overhead, no bifocal below but one above (6). Typist or bookkeeper normally needs wide bifocal (7) or trifocal (8). Chart by American Optometric Assn.