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1101213 大專院校生 英翻中短文翻譯 題目

There are many people wearing glasses since little. We have to protect our eyes and prevent them from nearsightedness. Remember to keep a good correct sitting posture. Never read too closely, while lying, and under poor lighting conditions. We'd better take a short break every hour of reading by closing eyes or looking at the distance. We also should do eye exercises every day. What's the most important thing is don't spend hours and hours starring at 3C products. Let's protect our eyes together!