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1140421大專院校學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 staring at 3C products. Let's protect our eyes together!

近視 nearsightedness

sitting posture 坐姿

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1140421大專院校學生英翻中短文翻譯參考答案

很多人從小就戴眼鏡了。我們必須要保護我們的眼睛，預防近視。記得保持良好正確的坐姿，不要太近、不要躺著、也不要光線不足的環境下閱讀。我們最好每閱讀一個小時就閉上眼睛或者看向遠方休息一下。我們也應該每天做眼睛保健操。最重要的是，不要長時間盯著3C 產品。讓我們一起保護眼睛吧！