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1141222 社會人士中翻英短文翻譯題目

近視是我國年輕人嚴重的問題。過長時間的用功造成學生眼睛疲勞，變成無法看清楚遠處的東西。這些人年紀輕輕就傷了視力，真是可惜。要解決這個問題，我有一些建議。首先，所有的年輕人應該定期做視力檢查，以儘可能及早發現問題。也要教導學生在讀書時，定時休息一下，放下書本，好讓眼睛休息。此外，他們應隨時確定有足夠的照明。

near-sightedness 近視

ruin 損傷

可惜 pity

checkup 檢查

detect 發現



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Near-sightedness is a serious problem among the youth of our country. Spending too much time studying makes students' eyes tired and unable to focus on objects at long distances. It is a pity that these people ruin their eyesight so early in life. I have some suggestions for solving this problem. First, all young people should have regular eye checkups to detect any problem at the earliest time possible. Students should also be taught to take time off from study and to look away from their books, so that their eyes can rest a while. In addition, they should make sure that they always have enough light.