

Opting for roadside glasses? Think again

SURESH M R

ON a sunny day, when the rays of the sun torment those on the road mercilessly, one is tempted to buy those trendy, cost-effective goggles that urchins sell in junctions and near signals.

Rafiq, one such urchin who sells these 'sunglasses' near the Deve Gowda Petrol Bunk junction in Banashankari, says that he sells at least 50 to 75 pieces a day.

There are hundreds like Rafiq who earn their living just by doing this.

Ganesh, a small-time contractor who uses these goggles, said: "If I were to go to a shop to purchase such glasses, I would have to shell out a minimum of Rs 400. Some

glasses cost thousands. As they (roadside sellers) sell it cheap, we opt for these glasses. Anyway, it prevents dust from getting into our eyes and provides protection from the rays of the sun."

However, doctors in the City have a different opinion.

Dr Arun Sampruthi, eye specialist at the Narayana Netralaya, cautions public not to buy these glasses.

TESTING FOR QUALITY

He said that a good pair of

EYE CARE



zero power glasses could be spotted by using the following method.

"One should try to look at an object, placed under a beam of light, through the pair of glasses that one intends to buy. Even while you look through it, move the glass slowly. If you

get the impression or feel that the object is moving along with the glass, then that indicates that that pair is of bad quality," Arun explained.

Apart from this, as the

power varies from person to person, the roadside glasses can cause several problems including eye strain and headache.

POSSIBLE EYE AILMENTS

"The cheap quality glasses, which do not have Ultra Violet Ray (UVR) protection, may cause more damage than when one does not use them," he said.

"It may result in cataract formation and cause damage to the retina," the doctor said and added that on an average, two to three people, who had used such cheap glasses, were turning up for treatment at the hospital daily.

"The public should buy glasses from registered shops after having their eyes tested by eye specialists," he said.