A Free Do-It-Yourself Tip from DisasterGuy.com

Vision Improves by Squinting Through Fingertips!

As people age, their close vision gets poorer. Reading glasses compensate for this. **What if you MUST see something very close, and you have no reading glasses or a magnifying glass? The answer: use "Squint Fingers!"**

If you are right-handed, put your right thumb and forefinger together. Take your left forefinger and touch both right thumb and forefinger, **making a small triangle.** Put the triangle in front of your dominant eye, and shut your other eye.

Look at what you MUST see or read. If it is still blurry, pinch your fingers together a bit tighter to make the triangular hole smaller, to focus better. Since you are looking through a *very small* hole, this technique works best in bright sunlight. Because you are focused on a very small spot, you must move your head and fingers together to read something.

What's happening here? If you have ever had a camera with an adjustable lens, you probably noticed numbers on the lens, like 4, 5.6, 8, 11, 16, 22. These are f/stops. The smaller the number, the more light the lens lets in. The larger the number, the less light the lens lets in – but depth of field increases. With "squint fingers," you're artificially making a small f/stop to increase depth of field. The result – **You can see sharper detail that is closer to your eyes**!

You'll find that "squint fingers" works to read the date on a penny or a serial number. You won't want to read a novel with it.

Just form a triangle with right thumb and forefinger and left forefinger, peek through it, and watch things get sharper!

If your distance vision isn't perfect, squint fingers can be used to make out details far away, too!