

Simplified Speech #049 – Wearing glasses

Episode description

Are you blessed with perfect vision or are you like the majority of the people in the world who must use glasses or contact lenses to see the world around them? In this Simplified Speech episode, Andrew and Morag talk all about eyesight and the vocabulary associated with it. If you are farsighted, don't forget to grab your glasses so that you don't have to squint while reading this study guide. Enjoy!

Fun fact

The number of people who need corrective lenses grows with each passing year. Why is it that the number is increasing so drastically? Some say it is due to too much reading and technology use, which puts a lot of strain on the eyes. However, some studies have concluded that eye health is linked to the amount of time spent outdoors. Therefore, children who spend more time outdoors as their bodies grow and mature will have better eyesight than children who spend the majority of their time indoors.

Expressions included in the study guide

- Speak of the devil
- Nearsighted/farsighted
- Brag
- So far, so good
- Blurry
- To squint
- Only time will tell



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: You're listening to the Culips English podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-world examples, and quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hey, everybody. My name is Andrew.

Morag: And my name is Morag.

Andrew: And you're listening to Culips.

Hey, Morag, how are you?

Morag: Hey, Andrew, I'm doing pretty well. I'm a bit excited. I should be getting a call for a new pair of glasses that's ready today.

Andrew: A new pair of glasses, wow. **Speak of the devil**, Morag, because the topic for today's Simplified Speech episode is vision and eye health. So this news kind of ties right into that, getting new glasses. How weird.

Morag: Yeah.

Andrew: Anyway, Morag, before we start talking about eye health, I want to let all of our listeners know that there is a study guide for this episode available on our website, Culips.com. So if you would like to study along with the study guide, all you gotta do is go to Culips.com and give it a download.

All right, Morag, let's get started. And I'm curious, how long have you worn glasses for?

Morag: I've worn glasses for almost 15 years, which is kind of terrifying because I started wearing them when I was almost 15. So, OK, I'm just having an age thing over here.

Andrew: Half your life.

Morag: Oh yeah, half my life.

Andrew: Wow, so what do you need to wear glasses for, is it just for reading or for everything?

Morag: Well, I'm **nearsighted**.

Andrew: OK.

Morag: So mostly I need them to see distance. However, I also have some fun things called an astigmatism in both my eyes, which means that my eyeballs are funny shapes. So a lot of what my glasses do are correct for those weird-shaped eyeballs. And lenses for astigmatism feel kind of funny, like when you are used to wearing them and you take them off or when you are not used to wearing them and put them on, it kind of feels like your eyeballs are twisting.

Andrew: That's not good.

Morag: It's weird. It's not terribly pleasant. Not bad, but not—the point is while my prescription isn't very strong, I can see quite well. It's weird to not wear them all the time, so I just always have my glasses on.

Andrew: OK, always have your glasses on.

Morag: I need them for driving, basically.

Andrew: Right. Is it a requirement on your license that you need to wear glasses when driving?

Morag: No, but if I don't wear them, I can't read street signs, and that's a hindrance.

Andrew: So, what kind of new glasses did you order?

Morag: I went a little bit Harry Potter, a little bit John Lennon. You know, round.

Andrew: OK, got some circle frames, round ones.

Morag: Yeah, I got titanium glasses.

Andrew: Wow.

Morag: It's amazing, they're so light and comfortable to wear. I'm really looking forward to them.

Andrew: That's awesome. You know, I'm not trying to **brag** at all. This is not me boasting, I'm actually saying this honestly, but I'm jealous of people that get to wear glasses because my vision is great and I don't need them.

Morag: I don't know, Andrew, be careful what you wish for. I remember when I was 12, I really wanted glasses and braces.

Andrew: OK.

Morag: For some reason. And then I got them at the same time, and that was not a cute look. So very awkward. So you never know, you'll probably have to wear glasses at some point.

Andrew: Well, all of my immediate family members, my mom, dad, brother, and sister, they all wear glasses. So if vision is genetically determined, then it looks like at some point I'll probably have to wear glasses. But **so far, so good**. No problems, I'm very lucky.

But the reason I'm jealous is that, you know, we have this preconceived notion that people that wear glasses are bookworms or geeks or scholars, academics, really kind of smart people, you know? And I work at a university, I teach there, I wanna look like an academic. I wanna look like a scholar, so I think adding glasses to my look would help me achieve that.

But, yeah, I don't need them, so I'm not gonna wear them for no reason.

Morag: Well, there are actually a strangely large amount of people that wear glasses for vanity. You can just wear them with non-prescription lenses.

Andrew: Yeah, I've actually considered doing that, and I did once buy a pair like that. But I always felt really silly wearing them, like I was an imposter.

Morag: Oh, I would definitely make fun of you. Yup.

Andrew: What about sunglasses? Are you a sunglass wearer?

Morag: Oh, man, actually this past summer, I bought prescription sunglasses for the first time. And it's amazing.

Andrew: Nice.

Morag: Because before I always had to pick between one type of limited vision or difficult vision, so either the sun was really strong in my eyes, but I could see clearly or everything was kind of **blurry** but at least the sun was taken care of. It was a catch-22, it was no good. But this time, I finally bought them. Just amazing. But before that, no, not so much. How about you? Do you wear sunglasses a lot?

Andrew: Yeah, I have good vision, but my eyes are really sensitive. So when I go outside, I find myself **squinting** a lot, you know? Really making my eyes small and this, I think, is causing wrinkles on my forehead.

Morag: I have the same thing, it's terrible.

- Andrew: So I would rather wear sunglasses then have a wrinkly forehead. So, yeah, on sunny days and even on many non-sunny days, cloudy days but still bright days, I'll find myself wearing sunglasses.
- Morag: These are the sneaky ones, the cloudy days. The bright grey, I know what you mean, though, with the **squinting**. It's also kinda bad for the muscles, it kinda hurts after a while.
- Andrew: Yeah, it's not good.
- Morag: Not good.
- Andrew: Not good at all, I agree. Morag, one last question for you here before we wrap it up. Have you ever considered getting laser eye surgery? So like a corrective surgery with a laser for your eyes to fix your vision so you never have to wear glasses again.
- Morag: Well, here is where it becomes clear that me making fun of you for potentially wearing vanity glasses is actually quite hypocritical, because I love wearing glasses. Because they look cool.
- Andrew: Right.
- Morag: Or I think they look cool. So, no, I have never wanted to get my vision corrected, because I like being able to change the character of my face whenever I feel like it with new glasses.
- Andrew: Yes.
- Morag: Yeah.
- Andrew: I can see the attraction to that, and I think that's why I'm a little bit jealous. But, hey, it's OK, it's something I can live with, I think.
- Morag: Maybe it'll be an interesting little bonus of getting older for you. At, like, 65, you'll be like, woo woo, glasses!
- Andrew: **Only time will tell.**
- Hey, Morag, we'll leave it at that for today. But just before we take off here, I wanna remind everyone that the study guide is available on our website, Culips.com. And it includes lots of great things, like a transcript, detailed vocabulary explanations, example sentences, a quiz, and even some discussion questions. So definitely visit our website and give it a download.

Andrew: As well, we are all over the place on social media, so if you use services like YouTube, Instagram, Facebook, or Twitter, just search for Culips English podcast and give us a follow. And, finally, we have an email address. It is contact@Culips.com. So if you would like to get in touch, just send us an email—and we would love it if you do, because we really enjoy hearing from you.

That is it for now, we will be back soon with another episode and we'll talk to you then. Bye everybody.

Morag: Bye.

Detailed Explanations

Speak of the devil

Idiom

Speak of the devil originates from the longer idiom **Speak of the devil and he shall appear**. It comes from England many hundreds of years ago, when people thought it was unlucky to say the word devil.

Nowadays, the meaning is very different. **Speak of the devil** is something you say when the person or thing you were talking about appears unexpectedly. For example, in the beginning of this episode, Morag says her new glasses are ready to be picked up. Andrew replies, “**Speak of the devil**” because the episode’s topic is wearing glasses. What a coincidence! Morag gets new glasses the same day they talk about them on the podcast.

Here are a couple more examples with **Speak of the devil**:

Mohamed: Have you heard from Mark?

Nicki: No I haven’t ... Hey, **Speak of the devil!** He’s right over there!

Mohamed: Really? How funny. Let’s go say hi!

Naomi: Have you talked to David since he broke up with you?

Leoni: No, he’s been totally ignoring me. **Speak of the devil**, he’s sitting right over there with that skinny blonde girl.

Naomi: I’m sure she’s just a classmate or something. He wouldn’t dump you just to start dating somebody else, would he?

Leoni: Probably. He was such a jerk. C’mon, let’s get out of here.

Nearsighted/farsighted

Adjective

People who need to wear glasses are either **nearsighted** or **farsighted**. If someone can see close objects but they are unable to see far-away objects, they are **nearsighted**. On the other hand, if someone can see far-away objects but they are unable to see close objects, such as written text, they are **farsighted**. Another type of eye problem was also mentioned in this podcast episode: astigmatism. Astigmatism is caused by a slightly abnormal shape to the eye, which, in turn, causes blurry vision. It can be corrected with glasses, just like **nearsightedness** and **farsightedness**.

Here are a couple more examples with **nearsighted/farsighted**:

Rebecca:	How long have you worn glasses?
Gigi:	I've worn glasses since I was in third grade. I'm nearsighted and I have horrible eyesight. If I wasn't wearing my glasses, I couldn't read something 2 metres in front of me.
Rebecca:	Really? Can I try your glasses on?
Gigi:	You can, but you won't be able to see through them. The prescription is too strong.
Rebecca:	Wow, you are blind!!! You're right, it hurts my eyes to look through your glasses.

Doctor:	Well, Fred, you failed your vision test. It looks like you're going to have to get reading glasses.
Fred:	I've had 20/20 vision my whole life. Why now?
Doctor:	Your problem isn't seeing things far away. You are farsighted , so you can't see the small things up close. This is a common symptom of getting older.
Fred:	Is there anything good about getting old, Doc?
Doctor:	Retirement!

Brag Verb

To **brag** is to speak too proudly about an accomplishment you've had. It is good to be proud of your work, but if you are too proud and boastful and others begin to feel uncomfortable or resentful, this is **bragging**. In this episode, Andrew says that he doesn't want to **brag** about the fact that he has perfect eyesight. He is grateful, but he always wished he had the chance to wear glasses, too, because they look so smart.

However, there are certain occasions when it's more acceptable to **brag**. There is a slang term for this: **bragging** rights. This is when you can **brag** without upsetting others because you worked very hard for your accomplishment. For example, if your team wins the national basketball championship or if you win a Nobel Prize in Physics, then you have **bragging** rights, because you worked really hard for those things and your hard work paid off.

Here are a couple more examples with **brag**:

Beth:	Have you seen Stacy lately? She's horrible now, isn't she?
Cara:	Yes! Ever since she won the lottery, all she does is brag about how much money she has and how much better she is than all of us.
Beth:	Yeah, I heard that money changes people, but it really changed Stacy. She used to be so nice.

Jimmy:	Hey, bro, wanna play a game of air hockey?
Mario:	Are we betting?
Jimmy:	I had to pay rent yesterday. I can't afford to bet.
Mario:	OK, how about bragging rights? Whoever wins gets to be King of Air Hockey until the next time we play.
Jimmy:	You are so lame. But, yeah, OK, I'm in. You are gonna lose big time!

So far, so good

Phrase

You can use the phrase **so far, so good** when things are going well in a situation or project that you are currently in the middle of. **So far, so good** means that, up to this point, things are going well, and hopefully things will continue going smoothly.

Here are a couple more examples with **so far, so good**:

Tina:	Hey, Jasmine, how are you doing on your English essay? I'm stuck on page 3. My mind is going blank.
Jasmine:	So far, so good , actually. I'm already on page 5. I just need to write a conclusion and do my editing and I'm finished!
Tina:	So lucky!! Hey, when you're done with yours, can you come help me write mine?
Jasmine:	Um, no. When I'm done with this, I am putting on my pyjamas and watching movies all afternoon. I need a break. Good luck, though!

Mike:	How's your marathon training going?
Jordan:	So far, so good . I haven't had any major injuries and I can run 30 kilometres now without stopping. At this rate, I'll definitely be ready for the race in May.
Mike:	That's great news! Good luck, buddy. I know you can do it.

Blurry Adjective

When something is **blurry**, it is unclear and hard to see. People who must wear glasses have **blurry** vision if they take their glasses off. The level of **blurriness** depends on each person's level of prescription. Those who have low-prescription glasses only have a small vision problem, so the world is not too **blurry** when they take off their glasses. People who have high-prescription lenses have significant vision problems; when they take off their glasses, the world is so **blurry** that most things are indistinguishable.

Here are a couple more examples with **blurry**:

Jerry:	Honey, have you seen my glasses? I can't find them.
Maya:	Did you check around the couch? You fell asleep there last night.
Jerry:	I did, but would you mind checking for me? You know I'm practically blind. Everything is so blurry that my glasses could be right in front of my face and I wouldn't know!
Maya:	Oh, OK. I'll go check now. Sit down and don't hurt yourself.

Vivian:	Three, two, one. Say cheese!
Jorge:	How's the picture? Do we need to take another one?
Vivian:	Yes, we should. This picture is a little blurry .
Jorge:	OK, everyone. Back in front of the camera!

To squint

Verb

Squinting is something people do if they are trying to look at something but the thing is blurry or difficult to see. When you **squint** at something, you partly close your eyes and strain very hard to focus on the object you want to look at. It is hard to **squint** at something for a long time due to the pressure it puts on the eyes.

Here are a couple more examples with **to squint**:

Mr. Montez:	Roger, you keep squinting at the blackboard. That is not good for your eyes. Where are your glasses?
Roger:	I'm sorry, Mr. Montez. I broke my glasses playing basketball yesterday with my friends. My mom can't take me to buy new ones until the weekend.
Mr. Montez:	OK, then, you should have told me instead of suffering. Come sit closer to the board so you can see.
Roger:	Yes, thank you.

Min:	I hate driving at sunset. The sun shines directly in my face and I have to squint the whole time to make sure I don't hit anything.
Ji-Sup:	Well, have you thought about wearing sunglasses?
Min:	Of course I have! But I keep forgetting to bring them in my car. I only realize they're missing when I drive at a time like this and I have to squint !
Ji-Sup:	Hmm, maybe you should have two pairs. One for everyday use, and one you keep in your car all the time.
Min:	Yeah, good advice, but it doesn't help me right now.

Only time will tell

Phrase

When the outcome of an event is unknown, you can use the phrase **only time will tell**. There are some questions that are unanswerable without simply waiting for the outcome to occur. **Only time will tell** means that once enough times passes, the truth will eventually become clear.

In this episode, Morag says that when Andrew is older, say 65, he will need glasses and finally see what it is like to wear them. Andrew replies by saying **only time will tell**. It is still unknown whether or not Andrew will need glasses when he is older, so he will simply have to wait and see.

Here are a couple more examples with **only time will tell**:

Rose:	How'd the test go?
Cassidy:	I think it went OK. But maybe I'm wrong, maybe I failed! I hate that I have to wait 3 weeks to find out the results. I bet I failed. Do you think I failed?
Rose:	Don't worry too much about it, only time will tell . The results won't change just because you worry about them.

Cliff:	Those two fight like cats and dogs, but I really think they would make a great couple if they just listened to each other.
Felicia:	They've only been married a year, right? Do you think their marriage will last?
Cliff:	Only time will tell . Like I said, if they work out whatever is causing them to fight all the time, they would be great. Whenever they aren't fighting, they seem like the happiest couple in the world.
Felicia:	It's because they're both so stubborn. Neither one wants to admit when they are wrong.

Quiz

1. If you are nearsighted, which scenario would you most likely need glasses for?

- a) to read the newspaper
- b) to use the computer at work
- c) to look at the blackboard in school
- d) to draw a picture

2. Which is NOT a synonym for blurry?

- a) unclear
- b) crystal
- c) hazy
- d) unfocused

3. True or false? The idiom speak of the devil is used to talk badly about someone by saying they are similar to the devil.

- a) true
- b) false

4. Bragging is usually a bad thing. What is the term used to describe a time when you can brag about something without others getting upset?

- a) bragging time
- b) brag pass
- c) free brag
- d) bragging rights

5. Why might you have to squint at something?

- a) it is hard to lift
- b) it is very funny
- c) it is very sharp
- d) it is hard to see

Writing and Discussion Questions

1. Have you ever worn glasses? Are you farsighted or nearsighted? If you've never worn glasses, have you ever wished you could?
2. Do you prefer contact lenses or glasses? Why?
3. If you have poor eyesight, have you ever considered getting laser eye surgery? If you got it, how was it?
4. Is it OK to brag in your country? What happens when you brag? Do you have any scenarios where it is OK to brag, like bragging rights, in your country?
5. If you could have perfect eyesight but poor hearing or poor eyesight but perfect hearing, which one would you choose and why?

Quiz Answers

1.c 2.b 3.b 4.d 5.d

Episode credits

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