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Page \_\_\_\_\_

## EFFECTS OF WATCHING TELEVISION

The child who likes to watch T.V. programs can be in front of it many hours. If the children watch T.V. programs too much, they will have a problem with their eyes. May be his or her eyes will be tired fast and then she or he will have a nearsighted and more eyes problems. It can rob us of sleep. Research has also shown that too much watching of television can increase one's chance of acquiring type 2 diabetes.