Eye See Ya! [1]

Week of:
Jan 16, 2015

Difficulty maintaining eye contact [2]

Dear Alice,

I've been experiencing in the past few months something that I understand, but am unable to deal with effectively. It is the difficulty to maintain eye contact while conversing with others. Usually my thinking drifts from paying attention to the conversation into concentrating on where should I look. It's really annoying and sometimes it makes me avoid people just because I'll be unable to have eye contact with them.

What is also annoying is that I feel that the person I'm talking to is getting unnecessary tension because of my "looks" that I'm sure do not carry any bad feelings or insinuations. I've read an article suggesting that this could be part of a "shyness syndrome," however, I do not consider myself to be shy.

Finally, this phenomenon fluctuates, but I haven't been able to relate this fluctuation to any specific factor (i.e., it does not change whether talking to men or women). Thanks for your valuable answer.

Yours,
The Appreciative inquirer

Read more [2]

Will honey lighten the color of my eyes? [3]

Dear Alice,

My eyes are light-brown, and when I've been crying or when it's bright outside they look greenish. I want my eyes to be that greenish all the time. I heard that putting honey in your eyes will lighten them. Are there any side effects? Is it bad for my eyes?

Read more [3]
Can chronic eyestrain cause blindness? [4]

Dear Alice,

Can chronic eyestrain (e.g., reading proofs eight hours a day) lead to blindness?

Read more [4]

Is it okay to sleep with my contact lenses? [5]

Dear Alice,

Is it dangerous to sleep in your soft disposable contact lenses for one night if you can't get them out?

Read more [5]

What can I do for the stye on my eye? [6]

Hi Alice,

What do you do for a stye on your eye? It's swelled almost shut.

Read more [6]