

CLAIRVOYANT







Clairvoyant

Foreword

The eyes are the windows to the soul.

Due to lifestyle changes, time spent in using technological products, such as televisions, computers, and mobile phones, is increasing.

Without regulating the time spent in using technological products and giving the eyes proper rest,

children may become myopic when they are very young,

and the risk of becoming highly myopic in the future will also be higher.

To prevent children from becoming myopic,

the Public Health Bureau has specifically published this vivid and interesting picture book.

Through the familiar story of "Clairvoyant" and "Clairaudient," children can learn to avoid becoming myopic.

I sincerely hope that parents read this book with their children, and teach them how to protect their eyes during childhood.

Lai Ching-te (William Lai)

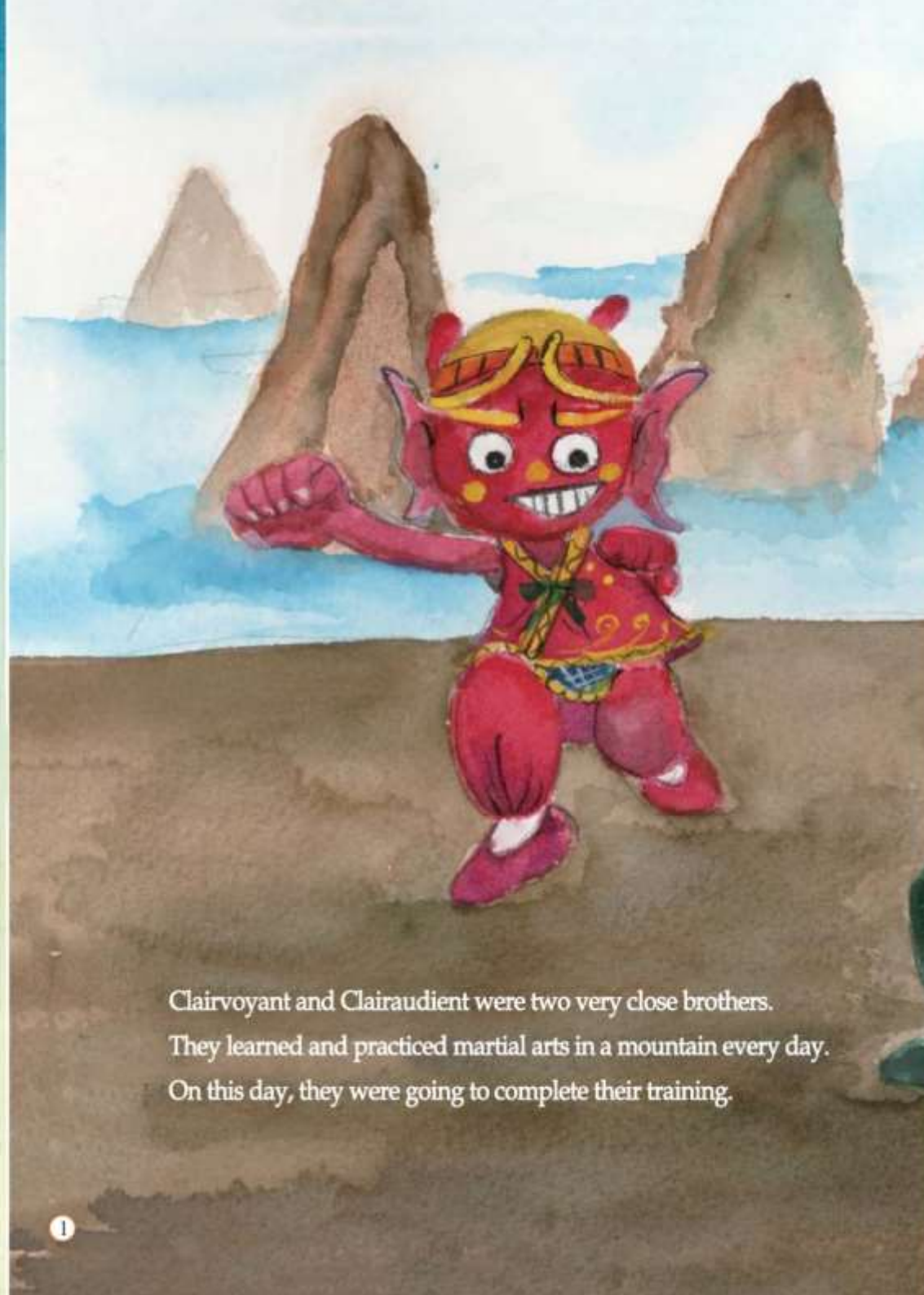
Mayor of Tainan City

Foreword

When our teachers tell the story of Mazu, we immediately think of her two guardian generals—Clairvoyant and Clairaudient. In the myth, Clairvoyant can see little movements at a great distance, and Clairaudient can hear tiny sounds from far, far away. But kids, could Clairvoyant see this far right from the beginning? Or did he have to go through a lot of training? In fact, as long as every kid reads this book and learns the lessons within, he or she will become a Clairvoyant!

Lin Sheng-che

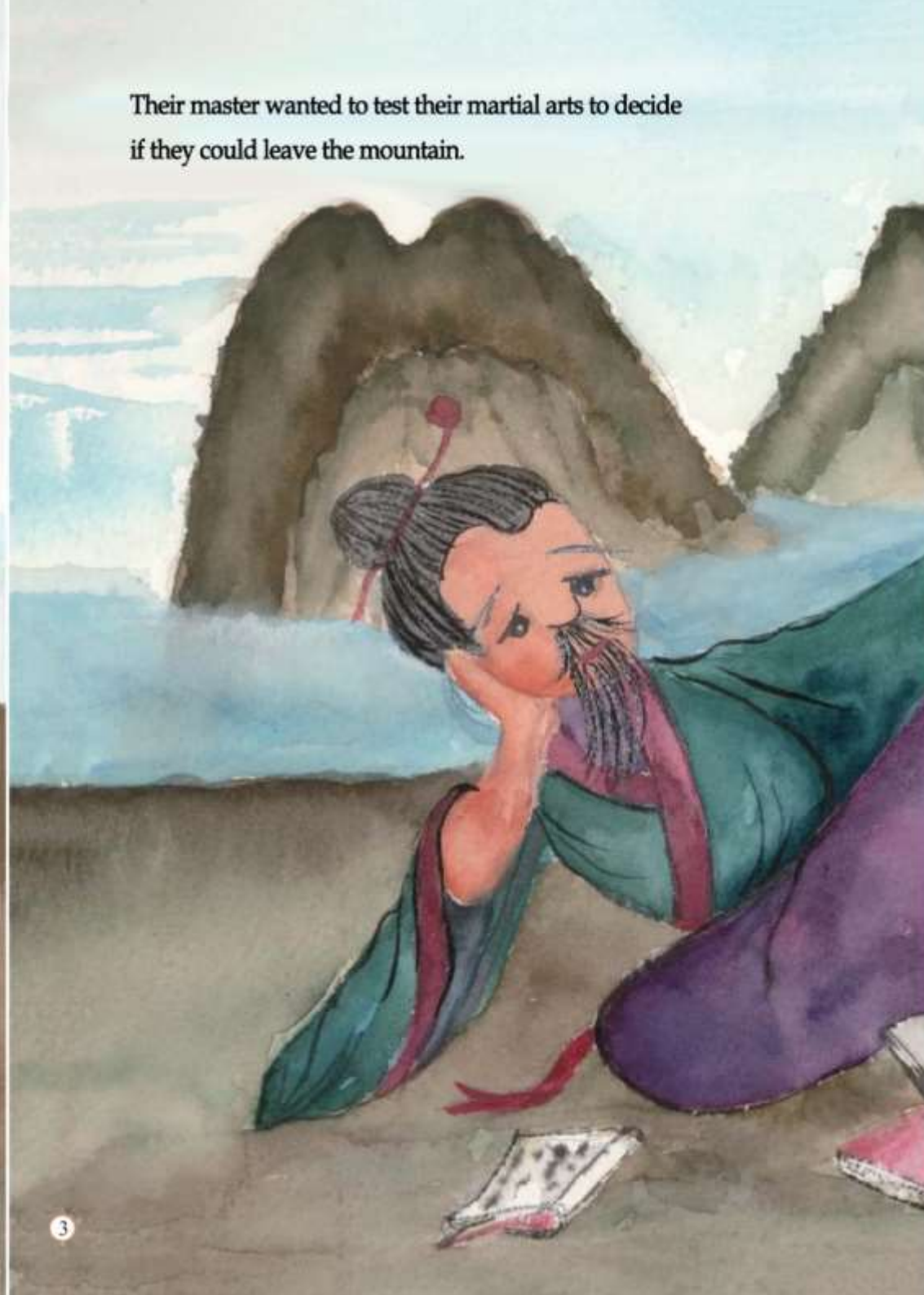
Director General of the Public Health Bureau, Tainan City Government



Clairvoyant and Clairaudient were two very close brothers. They learned and practiced martial arts in a mountain every day. On this day, they were going to complete their training.



Their master wanted to test their martial arts to decide if they could leave the mountain.







The first test was to mount the clouds and ride the mist. Clairaudient reached the destination quickly after the test started, but Clairvoyant almost collided into the mountain, sending the master into a cold sweat.



The second test was a test of archery.
Every shot by Clairvoyant missed the target and hit the ground.
The master and Clairaudient thought this was very strange.
Why did Clairvoyant always miss the target?



The reason for this was that Clairvoyant was hooked on online games. Every time he turned on his computer, he played games until dark, and sometimes he even played late into the night. He also played computer games in a place with insufficient lighting, causing his eyesight to gradually worsen. That was why he almost collided into the mountain and kept missing the target.



Clairvoyant went to the Goddess Mazu,
pleading with her to teach him how to protect his eyesight.



First, the Goddess Mazu told him that the distance between the eyes
and the computer desk should be about 35 centimeters.



Secondly, she told him that one
shouldn't watch TV,
play video games or use the
computer for too long.
Take a break after 20-30 minutes
and look at distant green scenery.



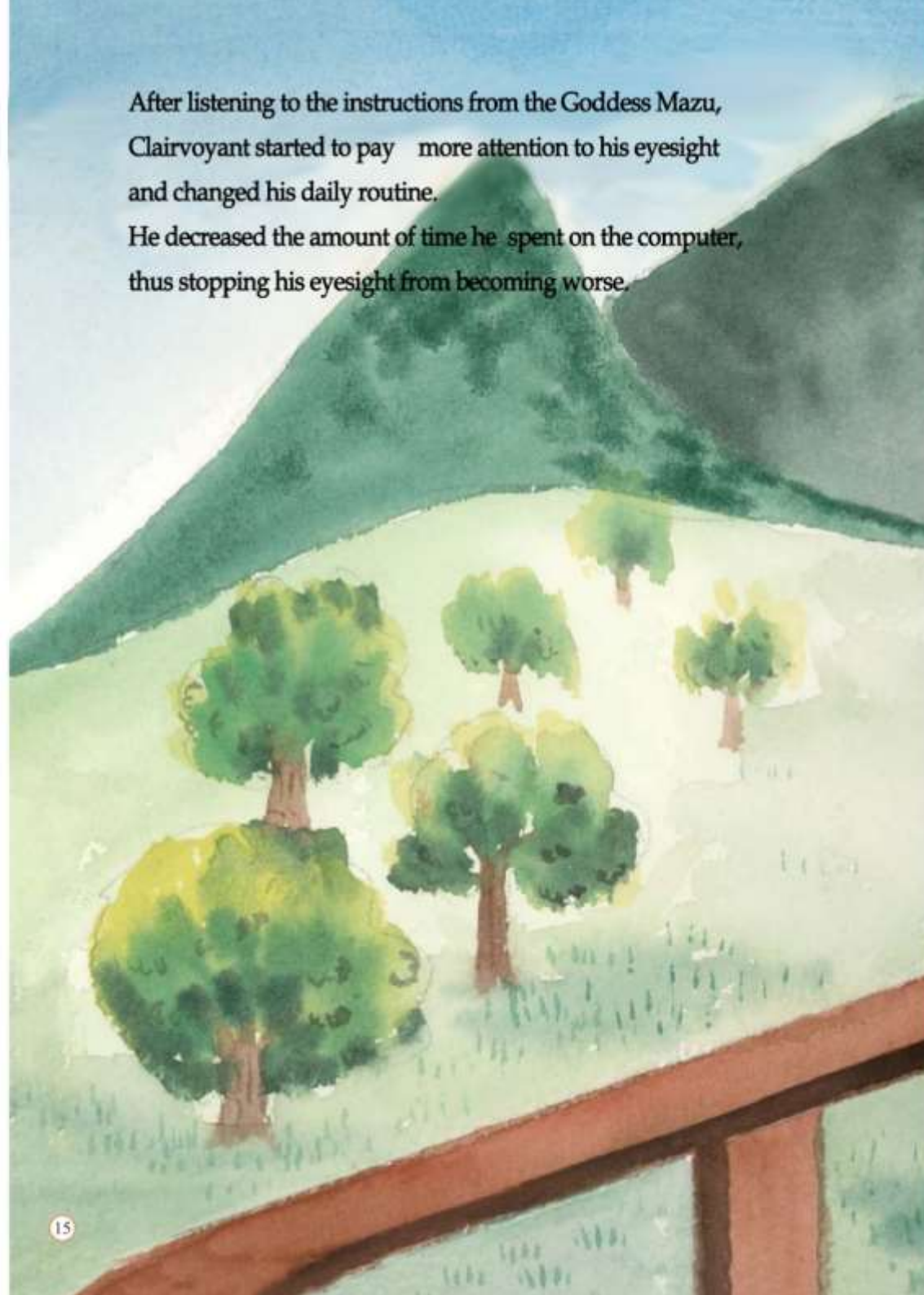


Lastly, one should get their eyesight checked regularly by an ophthalmologist.



Thirdly, there should be sufficient lighting.
Try not to strain the eyes.

After listening to the instructions from the Goddess Mazu, Clairvoyant started to pay more attention to his eyesight and changed his daily routine. He decreased the amount of time he spent on the computer, thus stopping his eyesight from becoming worse.





In the end, Clairvoyant passed the test.

He and Clairaudient could finally leave the mountain,
and he became the legendary "Clairvoyant."





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