

VISION & READING

Peripheral vision --
gist of the scene and
alerts us to danger



Tuck your chin into your chest, and then lift your chin upward as far as possible. 6-10 repetitions.
Lower your left ear toward your left shoulder and then your right ear toward your right shoulder. 6-10 repetitions.

Tuck your chin into your chest, and then lift your chin upward as far as possible. 6-10 repetitions.

Lower your left ear toward your left shoulder and then your right ear toward your right shoulder. 6-10 repetitions.

Hard to read = Hard to do

People read faster with a longer
line length, but prefer shorter

The Latin name *Taraxacum* originates in medieval Persian writings on pharmacy. The Persian scientist Al-Razi around 900 (A.D.) wrote *tarashaquq* is like chicory". The Persian scientist and philosopher Ibn Sina around 1000 (A.D.) wrote a book chapter on *Taraxacum*. Gerardo of Cremona, in translating Arabic to Latin around 1170, spelled it *tarasacum*.^[17]

The English name, *dandelion*, is a corruption of the French *dent de lion*^[18] meaning "lion's tooth", referring to the coarsely toothed leaves, also known as blowball, candelwort, doon-head-clock, witch's gowan, milk witch, lion's-tooth, yellow-gowan, Irish daisy, monks-head, puff-ball,^[19] other common names include faceclock, pee-a-bed, wet-a-bed,^[20] swine's snout,^[21] white endive, and wild endive.^[22]

The name "dandelion" is a cognate of the names in many other European languages, such as the Welsh *dant y llew*, Italian *dente di leone*, *dent de lleó*, Spanish *diente de león*, Portuguese *dente-de-leão*, Norwegian *Løvetann*, Danish *Løvetand* and German *Löwenzahn*.

In modern French, the plant is named *piessentil* (or vernacular *pisser au lit*).^[citation needed] Likewise, "piss-a-bed" is an English folk-name for the plant. In Italian, *piscialletto* in Italian, *pixallit* in Catalan and *meacamas* in Spanish.^[citation needed] These names refer to the strong diuretic effect of the plant, which causes increased urination. In various north-eastern Italian dialects, the plant is known as *pisacan* ("dog pisses"), because they are found on the side of pavements.^[24]

In France, it is also known as *laitue de chien* (dog's lettuce), *salade de taupe* (mole's salad), *florin d'or* (golden florin), *cochet* (cockere), *chicorée* (false chicory), *couronne de moine* (monk's crown), *baraban*.^[citation needed]

In several European languages, the plant, or at least its parachute ball stage, is named after the popular children's pastime of blowing the seeds off the stalk: *Pustelblume* German for "blowing flower", *soffione* (Italian for "blowing", in some northern Italian dialects),^[24] *dmuchawiec* (Polish for "blowing"), *одувачник* (Russian, derived from the verb "blow").^[citation needed]

In other languages, the plant is named after the white latex found in its stem, e.g., *mlecz* (derived from the Polish word for "milk"), *maiket* (Lithuanian for "milk pot"), *kutyatej* (Hungarian for "dog milk"), *макначак* (Serbian, from *мачна* meaning "butter").^[citation needed] The Lithuanian name can be translated as "sow milk".^[citation needed] Similarly, in Latvian it is called *piene*, derived from *piens* ("milk"), as in Catalan is used for the word *lleit* that means "milk".^[citation needed]

The alternative Hungarian name *gyermekláncfű* ("child's chain grass") refers to the habit of children to pick dandelions, remove the flower heads, and "plugging" the narrow top end of the stem into the wider bottom end.^[citation needed]



The Fusiform Facial Area makes
us hypersensitive to faces!