

"Don't Look at the Sun: Imparting the Dangers of Solar Observation," *Physics Education* **40**, 411 (No. 5, September 2005), with downloadable high-resolution jpg file of figure 1, showing a retina damaged by viewing the Sun, courtesy Dr. Mark Clark, photo by Dr. Charles Hunter, Anderson, SC, USA.

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# Don't look at the Sun: imparting the dangers of solar observation

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*Physics Education* **40**, 411-412 (No. 5, September 2005).

Reprint version prepared by the author, October 24, 2021.

Students of all ages find discussing solar eclipses and the dangers of looking at the Sun fascinating. As a backdrop for these discussions, I show my students an image of a damaged retina. See figure 1 for this image taken by ophthalmologist Charles Hunter and sent to me as a slide by physician Mark Clark, both of Anderson, South Carolina, US. The retina in this image was injured as a result of a patient looking at the Sun during a solar eclipse.

## The results of Sun damage

The damage appears as a white region in the midst of dark area. The central portion of the retina, which includes the fovea for the perception of detail, is darker due to the lesser density of blood vessels. The yellow region near the left edge is where the optic nerve joins the retina, the area of the normal blind spot [1]. To prevent solar eye damage, a safe way to view an eclipse is to look in the opposite direction of the Sun at an image formed by a pinhole camera [2].

I ask my students why it is so dangerous to look at the Sun. Some respond that the intense light from the Sun focuses on the retina and burns it. Most students have seen a leaf being burned or even set on fire as a result of focusing sunlight with a magnifying glass (converging lens). I compliment the students on making this analogy. Then I proceed to tell them that researchers have found an even more important factor in causing retinal dam-

age than thermal effects [3-6]. I ask them what they think this second dangerous feature might be.



**Figure 1.** *Retina damaged by viewing the Sun. See the white region in the midst of the surrounding dark area a little below the centre of the image. (Courtesy Mark Clark, photo by Charles Hunter, Anderson, SC, US).*

## Negative response

This question draws a blank. So I prod them, asking them if they have ever experienced temporary difficulty in seeing for a few moments after something fairly common happened to them. If this hint doesn't do it, I mention a camera. Just about all the students have experienced a camera flash in their eyes. For a few minutes after the flash, you see a

dark spot, i.e. a negative afterimage [7]. This is due to retinal fatigue [8], a photochemical effect. You can easily experience retinal fatigue if you stare at a coloured object or picture for 30 s and then look at a white wall. You see an image of the object in the complementary colour [7,8].

## Stay within the limits

I ask my students what happens if you exceed the limits for the eye to recover. What happens if you stress any part of your body beyond its limit to heal? They quickly see that permanent damage occurs. Since our eyes are so precious and the dangers of retinal harm due to bright light are so real, I conclude the lesson by telling my students “Don’t Look at the Sun!”

For anyone interested in using figure 1 in class, a high-resolution JPEG version can be downloaded from [https://www.mjtruiz.com/publications/2005\\_sun\\_fig.jpg](https://www.mjtruiz.com/publications/2005_sun_fig.jpg). The file size is 700 k with pixel dimensions 3100 x 2600. The image can be easily resized using readily available image software in order to suit your best needs for class presentation. If you post a version of the image for your students, please include a credit line: Courtesy Mark Clark, photo by Charles Hunter, Anderson, South Carolina, US.

Author’s Note: The link given in the paper to the original version of the figure is updated, now from the author’s website. Any original hyperlinks that no longer work have been either updated or removed.

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