

Re: Best color scheme for the eyes?

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"mamcx" <this@xxxxxxxxxxx> wrote in message [news:47923b29\\$1@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:47923b29$1@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

Lately, I feel more tired when work in computer. I obviously contact a doctor and get a glass, but wonder if exist a "proven" information about how setup the monitor in the color, fonsts, etc... for the best health on our eyes.

You can start here: http://en.wikipedia.org/wiki/Eye_fatigue

Speaking purely from my own experience (no professional opinions or knowledge about eye strain).

The first step you've already done. And that was to use an LCD monitor over CRT. The flicker of the refresh of CRT caused me fatigue and headaches way-back-when. When I switched to LCD I have never gone back. Whenever I use a computer that has a CRT I find that I get fatigued quickly. 17" isn't exactly the largest you can get. 17" used to seem *huge* to me when they were expensive. Now, I use 21" minimum, widescreen or dual monitor.

Try to avoid squinting. Make your fonts large enough that you can read them from a comfortable distance away. You may have to use a lower resolution to accomplish this. However, with LCDs this might make a bigger problem since the non-native resolutions cause blurry images. Experiment for your best results.

Even though I haven't had fatigue problems since the switch to LCD I do notice that black background and white lettering (the old DOS color scheme) is gentler on my eyes than the standard white background with black lettering. I switched to white-on-black for a while and encountered a small problem which may be related to the quality of the LCD. I notice horizontal banding when I close my eyes after staring at the monitor for a while. Perhaps the LCD is letting extra backlight through (or not enough in some stripes) and perhaps it won't happen on other monitors. Not sure.

Good luck,
Clayton

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