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Impair Healthy Healing In People Over The Age Of 30!

How to improve your sight-reading

By Michael David Shaw

As an organist, I have been working in club land in the North of England for the past 30 years or so

and one of the crucial qualifications in this environment is the ability to sight read music on demand. When I say music this can be anything from a beer matt to a ripped piece of paper repaired with selotape and stained with beer.

To be fair most of the music is written by professionals and is nice to read but not always easy. As a club organist, you do not get a band call. In fact, you are lucky to get five minutes to scan through between 10 and 15 pieces of music. Some written in different keys, and every organist will tell you they hate it when they get the dreaded 6 sharps or 6 flats or even 7 sharp keys in a piece of music that just happens to contain a solo especially written for you.

So how do you improve your sight-reading? Well I asked my music teacher this very question as I embarked on my club land career. His answer was to practice sight-reading. He went on to tell me that session musicians practice by picking up any music book start playing on page one and continue until they have finished the book.

Does it work? Yes it does. Try it for yourself, pick up any piece of music you can find, preferably one that you are not that familiar with, then start to play, but do not stop. If you make a mistake it does not matter, you are not practising how to play this piece of music you are practising sight-reading this piece of music.

If you really want to test yourself. Get yourself an audience. I practice my sight-reading every week in front of a 200 plus audience. Its surprising how your concentration improves.

Visit

<http://www.mikesmusicroom.co.uk>

Michael David Shaw (Mike to his friends) runs the website

<http://www.mikesmusicroom.co.uk>

the place

for organ and keyboard tuition and music news. You can email Mike at

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How To Picking The Right Contact Lenses

By Burt Cotton

People today have access to a lot more information than was possible 10–15 years ago. This is because doctors today are more open with their patients and are ready to discuss and explain whatever doubts or information the patient seeks. The Internet also added wings to information dissemination; today you can find the answer to any question you have whether it is academic, medical, or just trivial.

The Basics

Picking the right contact lens is not really a deal. First of all, you should know the basics. Contact lenses are actually a good and extremely comfortable way to remove glasses from your eyewear repertoire. These are in fact lenses that are worn over the eyeball either to improve vision, or to improve looks. Either way, they are totally invaluable since they are light, almost invisible and quite reasonable in cost.

Correct Your Eye Sight

Before you decide on picking the right contact lens, you will need to consult a doctor. He/she will be able to check your eye-sight and give the right power number that is needed for your eye sight to be normal.

Many people take a shortcut and consult the optometrist for getting their eyes tested. While this is not an altogether wrong procedure, it is always better to check your sight with an ophthalmologist, who is a registered medical practitioner. This is not only a safe way to find out if you have any deficiency in your eye sight or not, but also a way to insure that the right treatment is available if you run into any complications after you shift to contact lenses.

Making Your Choice

You have a choice among contact lenses such as hard lenses, semi-soft lenses and also bandaged lenses. All of these are prescribed to correct eye sight. Your choice would be based upon comfort and cost. Most people feel that it is best to start wearing eye contacts with semi-soft lenses since these are the best for new users. However, picking the right contact lens is dependent upon both your budget as well as need.

How to improve your sight–reading

Before making your decision, you will have to read the reviews of the best contact lens available on the market as well as their contradictions over the net. Once you have all the information that is required, picking the right contact lens will be a walk in the park.

Burt Cotton

<http://www.colored–contact.org>



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