

How could you see more clearly underwater?

**Video transcript from 'Inside the Human Body: Episode 3: Building Your Brain'.
Narrated by Michael Mosley.**

In water, the world becomes blurry.

As you descend, light levels drop quickly.

Your eye reacts by opening the iris, making the pupil larger and allowing more light in. The image becomes brighter, but underwater, a larger pupil also makes the image more blurred.

But Goon has learnt how to overrule this automatic reflex. . . with an astonishing adaptation seen clearly with the help of an infrared camera. Instead of opening his pupils, he closes them as far as they will go.

This means Goon can see twice as well underwater as you or I. Recent studies suggest that any child can quickly learn this trick.

The Moken show how well the human brain can adapt the body to suit its needs. This adaptability has enabled our species to thrive on all seven of Earth's continents.