21. Eq. 37-14 gives $\theta_{\rm R}=1.22\lambda/d$, where in our case $\theta_{\rm R}\approx D/L$, with $D=60\,\mu{\rm m}$ being the size of the object your eyes must resolve, and L being the maximum viewing distance in question. If $d=3.00\,{\rm mm}=3000\,\mu{\rm m}$ is the diameter of your pupil, then

$$L = \frac{Dd}{1.22\lambda} = \frac{(60\,\mu\mathrm{m})(3000\,\mu\mathrm{m})}{1.22(0.55\,\mu\mathrm{m})} = 2.7 \times 10^5\,\mu\mathrm{m} = 27~\mathrm{cm}~.$$