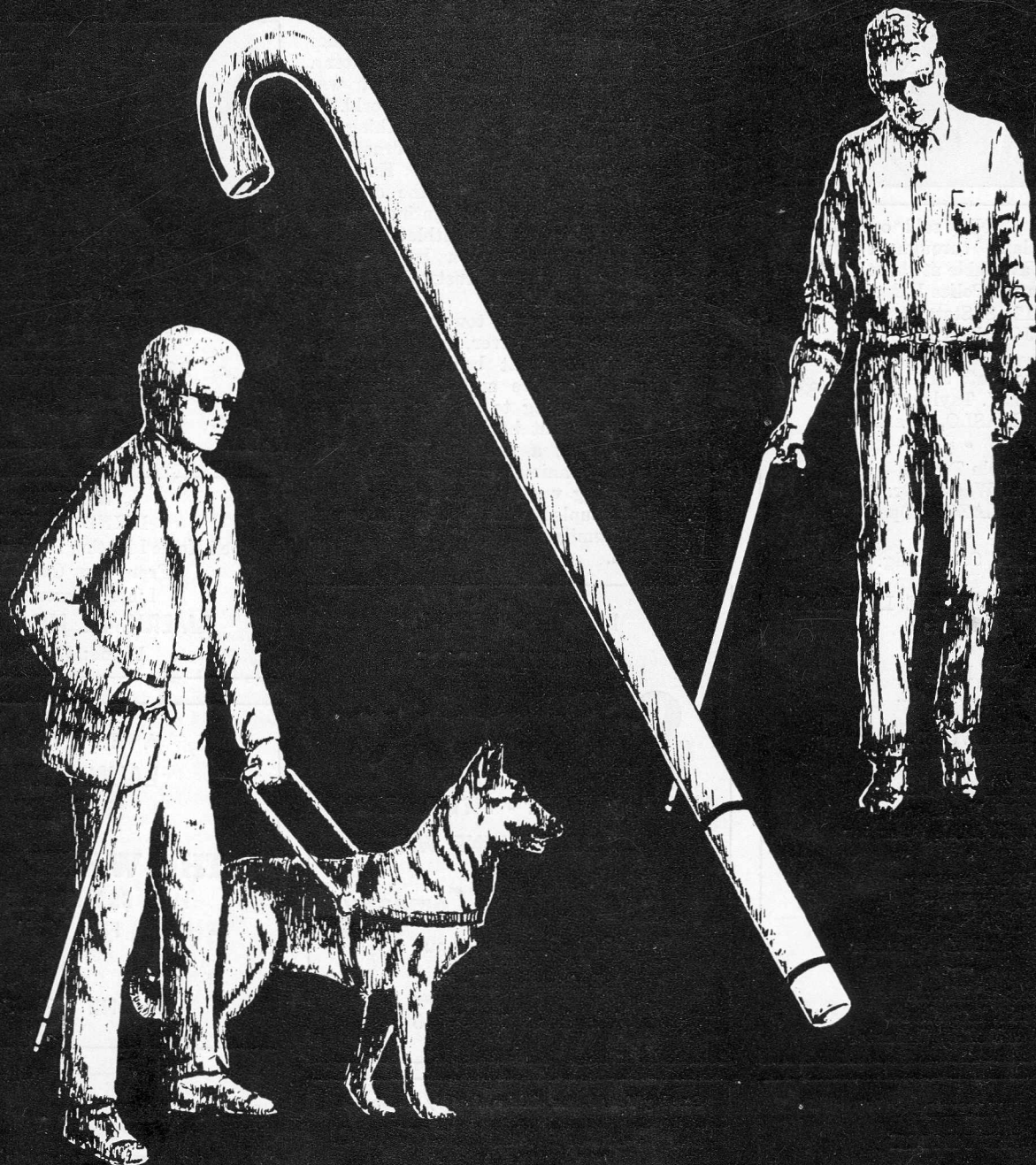


The White Cane

A MONTHLY MAGAZINE

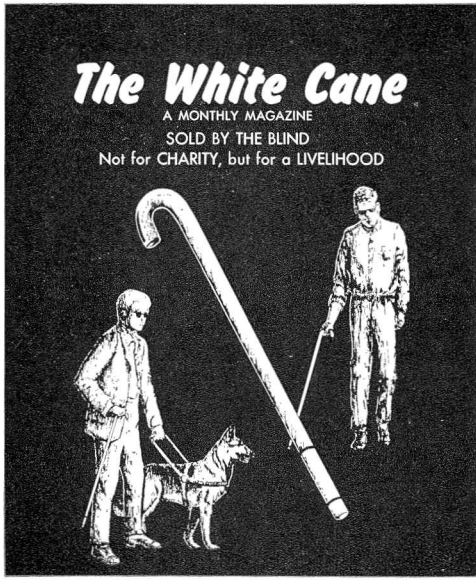
SOLD BY THE BLIND

Not for CHARITY, but for a LIVELIHOOD



20c Per Copy

October 1966



BOREDOM

Editorial by Marc F. Weiss

Boredom is the state of being fatigued from tedious repetitions, conformity, and dullness of life. This is caused by a habitual way of life which man follows because of his lack of incentive.

Boredom is possibly the ultimate reason for war. Life has become so boring that the prospect of murder, suicide, or violence is attractive by contrast. An example of this is The Second World War, which brought an end to the Great Depression in a spiritual and material way. Before the war, people were discontent because of their boredom; nevertheless, during the war, everyone walked more briskly; the girls' eyes shone; the atmosphere was all heroism and adultery. War, then, was the excitement, which was the answer to the boredom of the world.

Man will turn to almost anything to break his boredom, even if it is drastic or violent, such as crime and murder. However, boredom can be combated by the development of a hobby, such as painting, music, reading fine literature, or athletics. Man, then, will not become bored, as he has found an outlet for his inner frustrations, thus, relaxing his tensions.

Man must also work toward a goal of self-improvement. However, for man to accomplish this he must become an active rather than a passive animal. This would constitute him trying to develop a way to halt his ever-present boredom.

Therefore, man, a passive animal, must become an active animal developing, creating, and constructing ways to conquer his boredom. This, coupled with self-improvement and nonconformity, will lead to a state of non-boredom.

THE WHITE CANE, sold only by the Blind, is available throughout Chicago-land. It is also available at these locations:

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VIRGINIA KAY—You think writing about the blind is gruesome.

MISS McFADDEN—You may be first some of the time, but you can't be first all the time. The Playboy was first last time.

MR. IRVING SHAPIRO—Glad you feel that the Blind Made Products ad in The White Cane took some of your business away from you—maybe it's you.

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INTRODUCING . . .



LAWRENCE M. WEISS
Editor and Publisher
THE WHITE CANE

The biggest little word in the world is "HELP."

The purpose of The White Cane Magazine is to help the blind help themselves.

Persons who sell The White Cane Magazine are not looking for charity, but for a livelihood. You can help them by giving them moral support by purchasing a copy.

At this time I wish to take the opportunity to thank the American Medical Association, Lions of Illinois, The National Safety Council, Columnists, Radio Announcers, Publicity Persons, and last but not least the advertisers who have made The White Cane Magazine possible.

Lawrence M. Weiss
Editor and Publisher

NEVER SAY, "IT CAN'T BE DONE"

As a result of my own handicap, loss of adequate sight, it is my desire to help people with the same handicap. To do this I conceived the idea of publishing a magazine to be sold by the blind to sighted people. Through my determination and hard work I have accomplished this feat with the first edition of The White Cane. It is my hope that I have shown all my friends, relatives, and acquaintances who said, "It can't be done," that "it can be done." Your purchasing The White Cane can help me fulfill my goal of helping the blind help themselves.

The Editor

STATE SOCIETY FOR BLIND IS 50 YEARS OLD

(Reprinted From The Chicago Tribune)

Every 20 minutes at least one American goes blind. A thousand eye injuries occur every working day. Seven of every 100 blind persons are teen-agers or children.

These statistics, compiled by the Illinois Society for the Prevention of Blindness would not be complete without this one: half of all blindness is preventable.

It is on the last statistic that the society, celebrating its 50th anniversary year, has based research, attempts for legislation, educational facilities and programs, and treatment aids.

Founded by Volunteers

The group has come a long way since the society was founded 50 years ago by a small group of volunteers comprised of physicians and laymen.

The society actually began informally a few years earlier under the name of the Illinois Association for the Conservation of Vision and Prevention of Blindness. It was concerned mainly with educational work.

Thru the years the society was instrumental in getting legislation for the silver nitrate law, which helped to curtail blindness in newborn babies. The society also ran sight saving classes, trained sight saving teachers, and inaugurated school vision testing until the testing was taken over by the schools.

Society Opens Clinics

Trachoma clinics were opened, a glaucoma clinic was started and taken over by the Illinois Eye and Ear Infirmary, and educational projects were begun.

Today the society has 2,200 members. Frank F. Fowle, 6 Kent Rd., Winnetka, an attorney at 69 W. Washington St., is president.

Lists New Programs

"I would like to think that in our next 50 years we will continue to make progress in preventing blindness in Illinois," Fowle said. He cited several possible projects for the society:

Programs to help general practitioners spot glaucoma, statistical programs to discover the causes of blindness, new public education programs, possibly the establishment of a research laboratory with the Illinois Eye bank (founded by the society in 1947), possibly programs to interest more eye doctors in practicing in downstate Illinois, and the expansion of the state agency to more programs for areas outside metropolitan Chicago.

The plans already are being started in a survey program being conducted by the society, the Chicago Ophthalmological society, the Illinois State Medical society, the Illinois Hospital association, and the National Safety council.

THE WHITE CANE

LAWRENCE M. WEISS

Editor and Publisher

Publishing Office

6640 N. Maplewood Ave.

Phone: 274-0746

Chicago, Illinois

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VOL. 1



572

NO. 2

LEADER DOGS FOR THE BLIND

Dear Lions of Illinois:

Lions of Illinois win the admiration of hundreds of blind men and women of the nation with their outstanding dedication to duty. The Board of Trustees of Leader Dogs for the Blind and members of the staff join in this mutual admiration society. We all think Lions of Illinois are mighty faithful people.

Because of the splendid association of Lions and Leader Dog, we can enable the handicapped to be less restricted. The psychological, social and economic significance of travel independence is important to the blind. Our association with Illinois Lions is a mighty bright spot in the service that brings much happiness to our blind friends.

Three hundred six Leader Dogs have been graduated with Illinois citizens. The horizon is unlimited for the school will honor all requests for service. Support is practically unanimous and service is guaranteed to be 100%.

Sincerest thanks to every Illinois Lion—to all the District Officers—members of the Illinois Blind Activities Committee—all who devote time and talent to a most important project.

Gratefully yours,
Leader Dogs For The Blind
Harold L. Pocklington
Executive Director-
Past District Governor

Seek to Find Causes

"There is much that remains to be done to find out the causes of blindness. We are attempting a survey to discover the causes," Fowle said. "Perhaps when we know the causes, and the more common ones, more can be done to eliminate or control them."

With that in mind, the society and the other groups are conducting a survey, with the help of physicians and hospitals, in 12 areas of the state. The test months are January, April, July, and October of this year. The results from the first three months have not fully been compiled.

KNOW CHICAGO

Chicago, Illinois is the world's third largest city. Was incorporated in 1837.

Located on the South Western shores of Lake Michigan has a population of over 3,550,000 (1960 census). Total area 224 square miles.

Chicago is the hub of many of our modern day industries. Included in these are steel, railroads, airlines, meat packing and farming equipment. Plus being the convention city of the world. It also is the largest of all inland seaports.

Chicago's downtown area is often called the "loop" because of the elevated trains that form an actual loop around the central area before branching out to all parts of the city. This is the business core and nerve center of the city. The most convenient and concentrated retail shopping district in the world is the stretch between the booming Marina City towers and one of the busiest thoroughfares in the country—the Congress Street approach to the Eisenhower Expressway. It is a fantastic, nine-block montage of stores, hotels, garages, movie theaters and office buildings.

Beneath the clickety-clack of the shoppers' heels one of State Street's main arteries—the subway whizzes day and night and places shoppers minutes from just about anywhere in the city. You can enter many stores from the subways without going out-of-doors. Buses stop at every State St. corner, going every direction conceivable. It is truly a lavish, teeming bazaar not to be missed.

POINTS OF INTEREST

ADLER PLANETARIUM, on the Lake front near Roosevelt Road.

ART INSTITUTE, at Michigan Ave. and Adams St. World-famous collection of paintings, prints and sculpture.

BAHA'I HOUSE OF WORSHIP. Nine-sided National Temple of Baha'i World Faith, of unusual architecture. Sheridan Rd. and Linden Ave., Wilmette.

CHICAGO HISTORICAL SOCIETY is located at N. Clark St. and North Ave.

CHINATOWN, 22nd St. and Wentworth Ave., south of the Loop. A picturesque community with its beautiful gift shops and restaurants serving authentic Cantonese food. Visit the exotic Chinese Temple in the On Leong Merchants Assn.

CHICAGO NATURAL HISTORY MUSEUM. Situated in Grant Park at the foot of E. Roosevelt Rd. (extended).

INTERNATIONAL COLLEGE OF SURGEON'S HALL OF FAME, 1524 N. Lake Shore Drive. Statues, murals, manuscripts and instruments from 64 nations depicting the history of X-ray and surgery.

MUSEUM OF SCIENCE & INDUSTRY, 56th St. and the lake, in which the history and development of science and industry is vividly depicted.

SHEDD AQUARIUM, situated in Grant Park at the foot of Roosevelt Rd. (extended).

HON. RICHARD J. DALEY



MAYOR OF CHICAGO

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County Building—118 North Clark Street, 321-5500.

State Building—160 North La Salle Street, 346-2000.

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IT'S A LAW

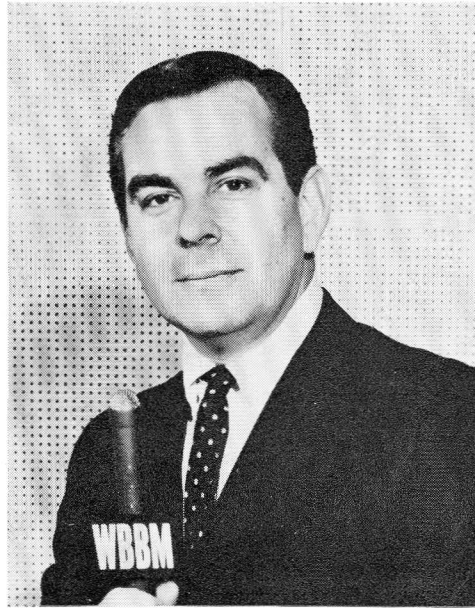
Any blind person carrying a white cane in a raised or extended position, or being guided by a dog, shall have the right-of-way in crossing any street or highway whether or not traffic is controlled by traffic signals. The driver of a vehicle must come to a full stop and take such precautions as many be necessary to avoid injury to the blind person.

Uniform Act Regulating Traffic on Highways. (Art. X, Sec. 75a)

Americanization Classes

Hundreds of newcomers arrive in Chicago every month. Some of them are from other countries and don't speak English. Some are from rural areas of this country and have never lived in a large city before. Many things are new and puzzling to both of these groups. Sometimes they get into trouble or are having problems just because they don't understand English or the urban demands and ways of living. Do you know some of these folks? Maybe you are helping some of them yourself. The Chicago Board of Education has free daytime and evening classes in English, citizenship, and adjustment to urban living. These are classes planned especially for adults and are located in many neighborhoods. Tell our newcomers about them. Encourage them to enroll. Call DEarborn 2-7800, Extension 345, for specific information.

The Talk Of Chicago JERRY WILLIAMS



1966 marks Jerry Williams' twentieth year in broadcasting . . . and for fifteen of those years on-the-air Jerry has been conducting "talk" programs.

WBBM Radio's Public Opinion Specialist Jerry Williams got his start in broadcasting at WCYB in Bristol, Virginia. His next move was to Pittsburgh, and from there to Allentown, Pennsylvania, where he worked for three years for WKAP. Jerry left broadcasting for a short while to pursue a career as an actor. His credits include appearances on "Studio One," "The Philco Playhouse," "Famous Jury Trials," and "Martin Kane, Private Detective." He returned to broadcasting as Program Director of WKDN in Camden, New Jersey, where in 1950 he originated the first "talk" program in that area entitled "What's On Your Mind?" Later he worked in Philadelphia for WIP (Mutual Network) and WIBG. In the Fall of 1957 he moved to WMEX to originate Boston's first "talk" program. "The Jerry Williams Show" was heard over WMEX six nights a week and was Number One in its time period, at one point the show captured a 73% share of audience. Jerry premiered on WBBM Radio September 6, 1965, and he's been generating excitement throughout Chicagoland and the Midwest ever since.

A veteran of 3½ years in the Army Air Force (having served during World War II in India, China and Burma), Jerry Williams is married and is the father of three little girls. Jerry's off-mike activities include numerous speaking engagements. An experienced broadcaster . . . Jerry Williams is capturing your prospects nightly on "America's Largest Town Meeting of the Air."

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IN THE NOVEMBER ISSUE

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PROMISES!

PROMISES!
PROMISES!

Friends of old,
With hearts of gold,
Where are your smiles today?

The definition of a promise
A statement made, which is halfway between a lie and b.....

EXCUSES!
EXCUSES!
EXCUSES!

- Drop me a line . . .
- Call me tomorrow . . .
- I will call you back in 20 minutes . . .
- I'll talk to the boss . . .
- No budget . . .
- It's in the mail . . .
- Phone me Friday . . .
- In the next issue . . .
- Call me next month . . .
- We'll take it up at the meeting . . .
- Sorry, he is out of town . . .
- Didn't get the message . . .
- He spends the money . . .
- I promise you . . .

So—"If the shoe fits, wear it."

On His Blindness

JOHN MILTON

When I consider how my light is spent
Ere half my days in this dark world and wide,
And that one talent which is death to hide
Lodged with me useless, though my soul
more bent
To serve therewith my Maker, and present
My true account, lest he returning chide,
"Doth God exact day-labour, light denied?"
I fondly ask. But Patience, to prevent
That murmur, soon replies, "God doth need
Either man's work or his own gifts. Who best
Bear his mild yoke, they serve him best. His state
Is kingly: thousands at his bidding speed,
And post o'er land and ocean without rest;
They also serve who only stand and wait"

Al Spong: "If she's satisfied with less than she bargained for, she bought a bikini."

He suggests this for an auto tire ad: "We Skid You Not."

* * *

"A millionaire filled his swimming pool. He claims it's impossible to drown, since the deeper you sink, the higher you get."—C. Kennedy.

DIS n' DAT

Read KUP'S COLUMN in the Chicago Sun-Times. Keep in step with all the interesting happenings of the day. Kup's topics "pack a wallop." It is read and copied throughout the world. . . . The Scottish Daily Express of Edinburg, Scotland, reprinted the story of THE WHITE CANE, which appeared in KUP'S COLUMN on August 8, 1966.

* * *

Do you remember way back when . . .
You could buy a loaf of bread for 7 cents . . .
An unlimited ride weekly "L" pass for \$1.25 . . .
A phone call was a nickel . . .
A shoe shine was a dime . . .
A newspaper was 2 cents . . .
A gallon of gas was 15 cents . . .
Cigarettes were two packs for a quarter . . .
Street car fare was 7 cents . . .
A haircut was 75 cents . . .
You could see eight acts of vaudeville and a good movie for a half-dollar . . .
If you can remember all of these things it shows you're getting old . . .

* * *

"Yellow Kid" Weill, as dapper as ever, still takes his daily strolls and can be seen walking up Melrose Avenue and Lake Shore Drive.

* * *

When I drove a Yellow Cab, a male passenger asked me where he could find a woman. I replied, "Are you looking for your mother or your wife?"

A lady said, "Driver, please close the window, the breeze is breezing on my nose."

FABIAN said, "I have no money—my secretary will pay you."

An eight year old boy was crying in front of Fields, when I asked if he was lost—He said, "No, my mother is."

* * *

EARL WILSON, the columnist, was there when it happened, and this appeared in his column July 25, 1960:

"Randolph Churchill discovered a sensational monologist—and got accused of being a thief—while riding from the Ambassador East to the Conrad Hilton.

Churchill rode in the front beside Cabbie No. 1175, Larry Weiss, who regaled him with stories.

As Churchill left the cab, the Hackie said, "Hey, Englishman, you stole my cigarets."

Churchill insisted he hadn't; Weiss insisted he had.

Churchill dug into his pocket and brought out two packs, then exclaimed, "By Joe, I did old man." They smoked the same brand and Churchill had thoughtlessly picked up the Cabbies pack."

LETTERS! LETTERS!

We would appreciate your opinion and comments of THE WHITE CANE. Please send your letters to THE WHITE CANE, c/o LAWRENCE M. WEISS—Editor and Publisher, 6640 N. Maplewood Ave., Chicago, Illinois 60645.

"Just A Little Bit Better"

Homeward bound at the end of the day,
Careless of others as they make their way
To be first to enter the bus—
In a rush for the seat near the door,
With others following until the seats were no more.

"Please move to the rear,"
The conductor said, "you cannot stand here,"

Then, in a kindly voice, said, to the man in the seat near the door,
"I'm sorry, Sir, that seat is reserved for one more."

But the man just sat there, undisturbed,
Pretending not to have heard a word.

Then, to the last man who entered, by his dog led—

"Good evening, Sir,"
The kindly conductor to him said—
And, even then, the man from his seat did not stir.

Then, pushing aside those who obstructed the way,

Heading straight for the seat near the door,
The faithful dog pushed on, as was his custom, before—
And, only then, did the man from that seat, move away.

Then, with words of praise from his master, said,

And a gentle pat on the faithful dog's head—
The dog, now content that his mission was o'er,
Settled down near his master and looked the crowd o'er.

And, as I recall that day, this thought occurred to me—

How much a kindly word, a tender touch or a friendly smile,
Could make each day "a little bit better"—
more worthwhile,
And, how very much happier, then, all would be.

By—Addah May Reynolds
August 5th, 1966



"That settles it! You're getting glasses first thing in the morning!"

MYTHS AND FACTS ABOUT EYE CARE

by John K. Covey, M.D.* with Carl Bakal
(Reprinted by Permission of The American Medical Association)

- 1 Watching television too long can cause eye strain.
- 2 You can cure nearsightedness by wearing glasses.
- 3 You can be nearly blind in one eye and not know it.
- 4 Children usually outgrow crossed eyes.
- 5 Common "red eye" can be dangerous.
- 6 You need 20/20 vision for safe driving.
- 7 Eating carrots will help you see better.
- 8 Glaucoma cannot be cured.
- 9 Reading on trains and buses can harm the eyes.
- 10 Contact lenses are as safe as conventional glasses.
- 11 A rapid improvement of vision in elderly people is a good sign.
- 12 Children should have an eye examination before age six.

True False

- | | |
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On the basis of statistics, chances are slightly more than one in two that something is wrong with your eyes: By a thin majority, Americans with defective vision outnumber those who are more fortunately endowed. A whopping total of 77 million persons in the United States now wear eye glasses, while another eight million contact lenses have been sold. We also have two million people who have inadequate vision even with glasses, and also nearly one million who are blind. Every year, an additional 30,000 Americans become blind from causes known and unknown.

There is every indication, as our oldsters live longer and increase in number, that the proportion of those with defective vision and those with good vision will show no improvement in the years to come. Only five out of every 100 preschool-age children, according to surveys, have a major eye defect, whereas 30 out of 100 children in our elementary and high schools are already afflicted with poor vision. By the age of 40, the proportion has increased to 48 out of 100, and by the age of 70, to 95 out of 100. On the whole, people with absolutely perfect vision are relatively rare, constituting perhaps less than one percent of our population.

Contributing to this situation is the fact that millions of people neglect the health of their eyes. They may not know what to do to safeguard their vision. Or even worse, they may know the fundamentals of good eye care, and yet ignore them, or pay little attention to them until it is too late. Unfortunately, there are also many who think they understand the basic facts about eye care, but actually have certain misconceptions that confuse and sometimes harm them. Although there are also some who worry when there is no real cause for concern, there are also many who remain unaware of a problem or real danger simply because it does not appear obvious.

For these reasons, it may be helpful to look into some of the more popular of the many myths and misconceptions about eye care—in the form of the true-false statements above. To test your "Eye-Q," see how you would answer each, before reading the answers below.

1. FALSE. In fact, most ophthalmologists (medical eye physicians) agree that there is no such thing as eye strain. Television will not harm healthy eyes. However, watching

television can make you aware of any existing eye defects. If you spend many hours at a time in front of your set without resting your eyes periodically, you can also suffer eye fatigue. Should your eyes tire easily, better have them examined by a physician.

2. FALSE. You cannot arrest or cure nearsightedness by wearing glasses. By the same token, you cannot improve the condition by not wearing them. Only in rare cases will glasses or exercises alleviate nearsightedness, which generally increases until about 20 years of age.

3. TRUE. This is because the remaining good eye may adjust so as to carry the whole visual load automatically. And so, a child born with a refractive error or with scars inside one eye could go along for years without possibly being aware of these conditions. However, an eye examination or the presence of a foreign body in the good eye would reveal the visual loss in the defective eye.

4. FALSE. Crossed eyes should be treated as early as possible. Otherwise, some loss of sight could result. The condition is due to improper control of the muscles which move the eyes. The usual cures are glasses, eye drops, exercises with special equipment, or surgery, or possibly a combination of these.

5. TRUE. Although often considered harmless, common "red eye" can cause blindness, even death. If the redness is caused by a speck of dust, virus, or allergy, there is no serious cause for alarm. On the other hand, it might also be due to increased pressure in the eye, a condition that could lead to blindness unless treated promptly. Or it might be caused by a germ infection, which can be quite harmful. So regard any redness as a possible danger sign.

6. FALSE. In most states, you can qualify for a driver's license with 20/40, or 83.6 percent vision. Of course, 20/20, or 100 percent, vision is desirable, but it's not absolutely necessary. Much more important than 100 percent vision is the absence of eye disease. A far more dangerous road hazard than even the driver with poor vision is one suffering from physical, mental, and emotional fatigue, or one who has taken as few as two alcoholic drinks or a sedative or mood drug.

7. FALSE. Not even if you eat them by the carload. Carrots and other dark yellow and green vegetables are an excellent source

of provitamin A, which helps produce the chemical reaction involved in seeing. Other foods you normally eat, such as butter, cheese, and cream, are good sources of vitamin A. Moreover, this vitamin is needed in such small amounts that it is almost impossible for an American, with even a subsistence level diet, to deprive himself of it to the point where his power of sight is weakened. And more than you really need will, of course, not make you see any better.

8. TRUE. But glaucoma can at least be arrested once it has been detected and treated medically, either through the regular application of eye drops, or through surgery. Normal vision cannot, of course, be restored, but the remaining vision can be saved in this way. Unfortunately, at least one million Americans—including one out of every 50 persons over the age of 40—have this sight-robbing disease and do not know it, because they are rarely warned by symptoms of pain or discomfort. That is why early detection is so important, and why tonometry—a simple, painless test for glaucoma—should be included in the periodic physical checkups of all those over the age of 40.

9. FALSE. At least in most cases. Most people, particularly those who do a lot of commuting, have no trouble reading while riding a train or bus. The eyes may tire on occasion, however, at which time you should stop reading. But should you suffer any other discomfort—such as headaches, nausea, blurred vision, or watering of the eyes, you should get a medical eye examination.

10. FALSE. In spite of the great improvements made in contact lenses during the past few years, they always introduce the danger of corneal scratches and possible infection. They are also risky to those who have suffered an eye injury or have a heavy head cold that makes the eyes "tear." This is not to say that some people, particularly the nearsighted, cannot actually see better with contact lenses than with conventional glasses. But if you wear contact lenses, you should be sure to have your eyes checked periodically by a physician to see that you have not developed a harmful corneal insensitivity of which you may be unaware.

11. FALSE. Many oldsters are encouraged by finding that they can read a newspaper without glasses, whereas formerly they needed glasses or bifocals to see anything close to them. This transition to ostensibly good vision—which is known as "second sight"—may occur over a period of weeks or even days. However, the phenomenon means that a cataract is forming, and may be explained by the fact that, in the early stages of cataract formation, the lens of the eye becomes somewhat swollen and so focuses nearer than before. Second sight may also stem from a sudden rise in blood sugar, as in the case of diabetics. Whatever the possible cause, the phenomenon should be brought to the attention of a physician.

12. TRUE. Children should have a medical eye examination when they are three or four years old. They are usually cooperative at this period, and the examination will permit the correction of any existing problems before they become too severe.

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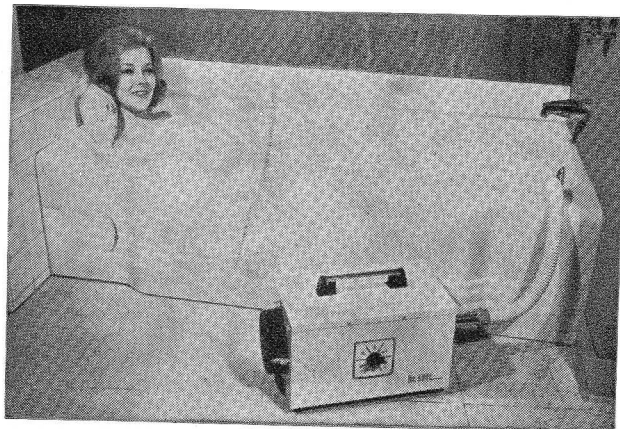
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