

# 2 TV Won't Harm Eyes, But Sunlamp Might

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Wadsworth then said that contrary to popular opinion, people who wear glasses need not have their prescriptions nor their eyes checked every year so long as they are comfortable and their vision is normal. A slight change in the strength of glasses, which can be made almost every year, is both expensive and unnecessary.

Older persons usually lose their ability to focus on close objects as their natural lenses stiffen, he said. If the lenses cloud over with cataracts, the lenses need to be removed surgically when they interfere with an individual's activities.

"Surgeons remove the entire lens, so it won't grow back any more than an appendix will grow back," he said. "After surgery, the patient needs either spectacles or contact lenses in order to see clearly."

## Can't Slip Into Brain

Contact lenses are sometimes purchased in hope that they can retard increasing nearsightedness. The physician said the lenses don't affect nearsightedness, which results when the eyeballs grow too long from front to back.

The small plastic disks cannot get lost behind the eye nor slip into the brain as some people fear, he said.

Another misconception Wadsworth cited relates to watching television excessively.

"Watching too much will affect your brain before it hurts your eyes," he said. "There is a tiny amount of radiation, but it's not in any way harmful as far as we now know."

"If a person sits three inches away from the television tube all day for 10 years, he might get more radiation than is advisable. If he sits back where he would normally, there's no problem."

## Sex Won't Hurt

Can promiscuous sexual activity hurt one's eyes?

"That's what the straight-laced Victorians used to say to frighten young people, and that's absolutely incorrect," Wadsworth said. Syphilis, a disease passed by sexual contact, can eventually cause blindness if it's not treated, however.

The physician went on to point out what he considers to be, in addition to sharp or thrown objects, some of the most serious hazards to vision. They include BB guns, sunlamps, acetylene torches, automobile batteries, caustic chemicals and lawn mowers.

"Without proper protection, the eyes' lenses can magnify the light from sunlamps and welding torches and burn a hole in the back of the eye just as a magnifying glass can burn a hole in a leaf," he said. "The same is true for watching eclipses without protection, and the sensitive retinal cells will never regenerate."

Gasoline lawn mowers can throw rocks and sticks with incredible force, Wadsworth cautioned. Acid-filled automobile batteries leaking hydrogen gas can explode if inspected with a match or if a jump start causes sparking.

Any caustic materials like acids or alkalis should be flushed immediately from the eyes with large quantities of water, the ophthalmologist said. Never try to

neutralize one of these chemicals with other chemicals because it's easy to overdo it.

The specialist concluded by recommending that drivers always use shoulder harnesses as well as lap seat belts. Lap belts alone will not keep faces from smashing onto dashboards during collisions, he said, and ophthalmologists see numerous severe eye injuries as a result.



**THE EYE PATIENT**—Preparing for a panel discussion on nursing care of eye patients are (from left) Elizabeth H. Burroughs, ALPN; Julie Butcher, RN; Anita M. Adams, RN; Patsy O. Starling, RN; and Emma D. Gentry, LPN. They will speak during a three-day workshop at the Eye Center next week. (Photo by Ina Fried)

## Nurses To Discuss Eye Patient

(From a report by Lydia Wilson, Reporter, Nursing Inservice Education.)

Nurses from throughout North Carolina will attend a workshop on "The Eye Patient: Comprehensive Care for Nurses," July 28-30, at the Eye Center.

Sponsored by the Eye Center and coordinated by Jane A. Salmon, RN, instructor in Nursing Inservice Education, the workshop is designed to provide a clinical update on ophthalmic disorders and related nursing skills.

A panel of nurses will discuss the eye patient from initial contact through hospitalization to follow-up care on Thursday afternoon.

Tutorial sessions on Saturday will include discussions of operating room instrumentation; visual fields, tonography, tonometry; outpatient equipment and screening; and low vision aids, contact lenses.

For registration see Nursing Inservice Education, Room 333, Baker House.

The faculty will include Anita M. Adams, RN, head nurse, Operating Room; Dr. W. Banks Anderson Jr., professor of ophthalmology; Julie Butcher, RN, Inpatient Unit; Elizabeth H. Burroughs, ALPN, Recovery Room; and Dr. David H. Fischer, resident in ophthalmology.

Emma D. Gentry, LPN, Inpatient Unit; Richard C. Hamilton, manager, Optical Dispensary; Jessie W. Martin, RN, Outpatient Unit; Georgia R. Melton, RN, supervisor, Nursing Services; Linda A. Pelletier, RN, Outpatient Unit; and Mark D. Pelletier, Pharmaceutical Services.

Dr. John W. Reed, associate professor of ophthalmology; Judy H. Seaber, clinical assistant professor of ophthalmology; Dr. M. Bruce Shields, assistant professor of ophthalmology; Patsy O. Starling, RN, Outpatient Unit; and Dr. Joseph A. C. Wadsworth, professor and chairman of ophthalmology.

## Trading Post

**FOR SALE**—Brand new tennis racket, aluminum with oil-filled nylon stringing; portable eight-track tape player, two speakers, can be played in home, car or boat. Call 489-7651.

**FOR SALE**—1975 Gran Fury Brougham, white with white interior, fully equipped, excellent condition. Call 383-3259.

**WANTED**—Roommate needed to share house, convenient to Duke. If interested call 383-6687 before 4:30 p.m., ask for Kathy.

**FOR SALE**—1972 Gold Chevy Caprice, AC, full power, one owner, good condition, low mileage, \$2,200. Call 493-1723 weekends or evenings.

**FREE**—Adorable gray and white kittens looking for good homes, male and female, six weeks old, litter trained. Call 489-8182.

**FOR SALE**—1971 Ford pickup, good condition, V8, straight drive, long bed. Call 286-1400 after 5 p.m.

**FOR SALE**—Contemporary dining table, top melamine laminate in butcher block design, legs chrome-plated tubular steel, \$70; living room set, two chairs and sofa, modern contemporary, blue color with large blue and green flowers on a white background (bottom and pillows), \$120. Moving, must sell. Call 383-6218 after 6 p.m. or anytime weekends.

**FOR SALE**—1964 Jeep Wagoneer, rebuilt engine, good radials, rack, R & H, runs well but needs repairs, \$925. Call

383-3643 evenings or weekends.

**FOR SALE**—Set of four 13" ET uni-lug mag wheels with hub covers and chrome lug nuts, fit Chevy Monza and many other four-lug cars, make car look great, super price \$60. Also want to buy used record albums. Call Tom, 929-8376 (Chapel Hill). Keep trying.

**WANTED**—A good home for three kittens, one male, two females, two months old. Call 383-3034 after 5 p.m. Free for the asking.

**FOR SALE**—1974 Gremlin X, blue, Levi interior, PS, three-speed, six cylinder, sport wheels, AM/FM stereo, 33,000 miles, excellent condition. Call evenings and weekends, 383-2741.

**FOR SALE**—Craig 16 mm projecto-editor; pair 16 mm Neumann Dynamic rewrites; Agfa N16 mm splicer; three 16 mm movie reels; 8 mm Kodak camera; 8 mm viewer. Call 477-7391. If you get answerphone, leave your name and number.

**LOST**—Invacare Rolls Elite wheelchair, serial #209865, removable arms and footrests. Please call 684-3848.

**FOR SALE**—Fedders 6,000 BTU window air conditioner, \$60. Call 1-563-3449 (Mebane) after 6 p.m.

**FOR SALE**—Hoover Celebrity II powermatic vacuum cleaner, nearly new, \$60; metal and formica student desk, \$25; swivel chair, excellent condition, \$35; pair of laminated tennis rackets, nearly new, \$15; two full-length mirrors, \$15. Call 489-4833.

**FOR SALE**—Fiat 124 sport coupe, 1971, five speed, 36 mpg, AM/FM, AC, radials, \$1,200. Call 383-1940 evenings.

**FOR SALE**—Almost new lounge chair, \$45; lamp table, \$15; tubular dinette set, \$40. Call 383-6446 after 7 p.m.

**FOR SALE**—1976 Eldorado convertible, white on white with white convertible top, loaded, excellent condition, 20,000 miles. Call collect after 6 p.m., 772-7458.

**FOR SALE**—Two twin beds, almost new with spotless mattresses and springs, \$120. Call 477-8361.

**FOR SALE**—1966 Plymouth four-door, new brakes and battery, runs good, price \$200 for quick sale. Call after 5 p.m., 682-5282.

**FOR SALE**—Early American sofa, good condition, \$70. Call 688-8401.

## Intercom

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## Five Promoted in Med Center

University Provost Frederic N. Cleaveland has announced the promotions of five medical center faculty members.

Dr. James Norman Davis has been promoted from assistant professor to associate professor of medicine, and Drs. Harry Anthony Gallis and Edward L. C. Pritchett have been promoted from associates in medicine to assistant professors in that department.

Dr. Linda K. George, an associate in physical therapy, has become assistant professor of medical psychology in the Department of Psychiatry, and Brenda M. Morgan has been promoted from instructor to assistant professor in the School of Nursing.

Davis, chief of the neurology section at the VA Hospital, first came to Duke as a medical resident in 1968-69, and returned in 1972 when he was appointed to the faculty as assistant professor.

Gallis, who also holds the rank of

associate in microbiology, is a 1963 Princeton graduate, and earned his M.D. from Duke in 1967. He served as an intern and resident here, as well as in a number of research positions.

Also a Princeton graduate, Pritchett earned his M.D. from Ohio State University in 1971. He first came to Duke in 1974 as a fellow in cardiology.

George holds a Ph.D. from Duke, granted in 1975. For the past two years, she has been a post-doctoral fellow in the university's Center for the Study of Aging and Human Development and has taught research methods and statistics courses in the physical therapy department.

Morgan has been an instructor in the nursing school since 1974. A graduate of Illinois Wesleyan University, Bloomington, she earned an M.S. in public health nursing at UNC-Chapel Hill in 1975.