

Health And Work

Dr. Gullett Discusses Eye Troubles

By DR. A. D. GULLETT
Medical Director, Fieldcrest Mills

A while back I stated that the human eye has great endurance, but that vision was not static. Let's consider some of the things that cause vision to change.

Young adults can use their eyes almost any amount of time if the lighting is proper and if frequent rest periods are taken. But when the eyes are used for close work too long without rest there may be headaches, especially during the morning.

This is not serious and does not mean that the eyes are defective. It simply means that the eye muscles are tired, just as arm muscles may be sore after too much exercise.

From about age 35 on, the lens of the eye loses its ability to stretch and make adjustments for seeing at different distances. This is a normal consequence of aging, and usually by the time one is 45 years of age he needs glasses for seeing at close work like sewing, working at a bench, and reading.

This condition does not cause any trouble other than that one notices he has to hold the paper farther away to read. The condition is associated with increased accidents, however, and that is one reason why it's important to have safety glasses with the proper lens to correct for the aging change.

Some people require changes in their glasses as frequently as six months; others may need a change no more often than two or three years.

Glaucoma is a serious condition of the eyes and most frequently it occurs in persons over 30 years of age. About two per cent of people over 40 have glaucoma. It doesn't cause any symp-

toms or give any trouble until severe damage has been done to the eyes.

It is detected by measuring the pressure in the eye and by measuring side vision. Glaucoma can be treated if detected in time. Every adult over 40 should have the eye pressure measured and side vision checked when he goes for his eyeglasses check.

Cataracts may occur in any adult over 35, but usually they occur after the age of 50 or so. Cataracts are cloudy lenses. Therefore, light cannot get through to the seeing portion of the inside eye.

Glasses do not improve the vision in this condition and surgery is the best treatment. After surgery, special glasses have to be worn.

There are many aging conditions in the eyes that cause loss of vision. They are called **aging** or **degenerative diseases**. That term is sometimes misleading as one is not always old and may have many years remaining when misfortune strikes. These conditions cause hemorrhage and scarring in the retina. Also blockage of blood vessels inside the eye causes vision to change.

I think that the important thing to remember is that sight-saving measures can be taken to prevent further damage in many of the degenerative conditions provided they are discovered soon enough. Any change in vision should call for a check-up by your family physician or eye specialist to determine the exact cause of the change.

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Roy L. Seay Retires After Almost 48 Years

Roy L. Seay, insurance specialist in the Finance and Accounting Division at the General Offices, Spray, retired under the Fieldcrest Pension Plan effective November 1, with close to 48 years of continuous service with the company.

A Leaksville native, Mr. Seay first worked as an office boy in the summers between school years, 1911-1915. He was a blanket cutter during the summer of 1916.

His continuous service dates from February 1, 1918, when he became a clerk in the Shipping Department at the Bedspread Mill. He was transferred in 1922 to the Bedspread-Karastan Payroll Office and in 1930 was sent to Roanoke, Va., as office manager of the Roanoke, Athena, and Puritan Mills.

In 1934, he became a bookkeeper in the Accounting Department and in 1941-46 he was office manager at the Blanket and Sheeting Mills. He was a cash and payroll specialist at the General Offices from 1946 until his appointment as an insurance specialist in March, 1960.



ROY L. SEAY
. . . Well Known Employee Retires . . .

THE MILL WHISTLE

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OTIS MARLOWE
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