



TIME FOR CAMP . . . These youngsters and their leader are part of the hundreds who will be taking advantage of summer YMCA camps. The Torrance Y has announced 10 different sessions of camping for boys and girls this summer.

Ten Per Cent of Persons Over 40 May Suffer Forms of Glaucoma

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There are two forms of glaucoma (hardening of the eyeball), namely, acute congestive glaucoma and chronic simple glaucoma which is the commonest type. Glaucoma occurs most frequently in persons over 40 years of age, and is one of the important causes of blindness among adults.

It is estimated that over one million persons in the United States have undiagnosed glaucoma, according to an editorial in a recent issue of the American Medical Assn. Journal. This, it stated, is about two per cent of all persons over 40. Under the age of 40, the number of cases is negligible, but chances of the condition occurring increase as age advances.

The eyeball, spherical in shape, is filled with a thick, jelly-like fluid and for some unknown reason, during the first stages of glaucoma the pressure of this fluid in front of the eyeball increases. The fluid in the rear of the eyeball, therefore, is pushed against the retina which is the part of the eye that receives light rays and relays them to the brain. Given enough time, glaucoma can destroy all sight since it attacks the nerve fibers that connect the retina to the brain.

Loss Is Gradual

Besides being the most prevalent form, chronic glaucoma is also the most dangerous in one respect since there is usually so gradual a loss of peripheral vision that the individual is unaware that it is happening. Other than an occasional vague headache and blurred or foggy vision at certain times, there is no warning of the presence of the condition.

Early recognition of glaucoma is essential if blindness from this cause is to be prevented. Because of this, screening programs are growing in popularity. "Glaucoma Days" have been organized in several California communities and, in survey made of 11 such days, 2 per cent of those screened were referred to an eye specialist (ophthalmologist) and 3.7 per cent were found to have glaucoma.

Even when such tests are negative, however, it is recom-

mended that a recheck be done every two years after the age of 40.

Can Be Checked

When treatment is started early enough, the progress of glaucoma can be checked. However, nothing can restore sight that is destroyed by this condition. Each month's delay means that an additional small percentage of sight is destroyed.

Symptoms of chronic glaucoma include occasional vague headaches, loss of side vision, rainbow-colored rings that appear around lights, inability to adjust the eyes to a darkened room, and frequent changes of glasses which never seem to give satisfaction. Acute congestive glaucoma is fortunately much less frequent in occurrence and is seen more often in younger individuals (before the age of 55) and more commonly in women who are "nervous" or inclined to worry. This type of glaucoma occasionally runs in families, and medical experts claim that about 10 per cent of these cases have an hereditary basis.

Pain May Occur

Mild attacks of pain generally occur in the initial stages of acute glaucoma, and halos around lights may be seen following excitement or emotional upsets. When the condition progresses to a certain stage, extremely severe pain in the eye occurs. At this point, immediate medical care followed by ocular surgery is required to save the individual's sight.

Sad to say and well to remember, glaucoma becomes increasingly common as the span of life lengthens. And, when the condition exists, the sooner treatment is started the more certain will be the restoration and preservation of sight.

A pamphlet giving additional information on glaucoma will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

PLENTY OF CHIPS

Production of potato chips in the U. S. has become so great that it is estimated those made in 1954 alone would fill the great Empire State building in New York to overflowing.

The Torrance YMCA unveiled a full and varied schedule of summer "Y" camps for boys and girls this year. The "Y" lists 10 different camp sessions for boys 6 through 18 and girls 8 through 12.

Charles Stewart, YMCA camp committee chairman, stated that the local YMCA is operating one of the largest camping programs on the West Coast. He praised the YMCA staff on providing such a wide

variety of camping experiences for local youth.

Stewart stressed that all YMCA camps are open to all boys or girls in the proper age brackets. Membership in the Torrance YMCA is free of charge.

More than 200 local children are helping to earn their own way to Y camp by selling canned peanuts in their neighborhood.

Camps range from day camps here in Torrance for the younger boys and girls up to a backpack trip along the John Muir Trail for boys and men over 14 years of age.

Three new features this year are: Girl's Camp under the

direction of Miss Wanda Mitchell at YMCA Camp Mazumdar; Family Camp at YMCA Camp Big Pines; and a seven state caravan to Yellowstone, Grand Tetons, Salt Lake City, Jackson Hole, and other points of interest.

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