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Summer Eye Care

EDITORIAL NOTE

This article is one of a series on medical eye care, prepared as a public service by fully-qualified doctors who are members of the Section on Ophthalmology, Ontario Medical Association.

Questions from readers are encouraged and answers will be incorporated in future articles.

PART II

Our discussion of allergies and such diseases, which we touched on in the last column, is only one aspect of proper eye care in summer.

Every day, on the North American continent, there are nearly 1,000 eye accidents. Every year more than half a million people suffer serious eye damage or are blinded for life — all because of accidental injury. All such accidents are tragic, but those affecting children are particularly so, because of their serious effects upon normal development and independence in adult life.

What can you do to help prevent such accidents? To start with, don't give your children toys with sharp edges or of loose construction — and make sure friends and relatives, no matter how well-intentioned, do not bring such toys as gifts. Keep a constant check on all playthings: a toy that is safe for a ten-year-old may be highly dangerous for a five-year-old tot. Each and every year in North America the misuse of knives and sticks results in countless thousands of lost eyes. Usually, such accidents are caused through carelessness on the part of the child or one of his friends. Keep such instruments, as well as scissors and other such hazardous objects out of reach. Instruct children in their proper use when they are old enough to understand what you mean. At all times, teach and

stress safety in the home. You cannot remind children too often of the dangers that are ever present.

In like manner, impress upon your child the danger of eye injuries from sling-shots, BB guns, darts and stones. Call his attention to the possibilities of eye injury from pebbles thrown back from rotary lawn mowing machines. Do not let him use fireworks, matches or cigarette lighters. Co-operate with other parents of the community in reporting illegal sales of fireworks. If a child carries a stick, teach him to walk with it, never to run. Show him how to carry an umbrella, both open and closed, for the safety of other people's eyes.

What about danger from eye glasses? To-day such glasses are either shatterproof or shatter-resistant, and held in sturdy frames that are flame-resistant. They may be made either of glass or of optical plastic.

Special safety glasses can be ground to meet any prescription and may also be ordered as sunglasses. They do cost a little more than ordinary glasses but they provide an extra degree of safety for your eyes. Glasses and their frames will serve as shields against injury. Believe it or not, children with such glasses may fall or run into objects with great impact — yet the safety lenses will neither shatter nor fall out of their frames. For these reasons it is important that children should be fitted with safety glasses. It is just as important that older children also be fitted with safety glasses if they are participating in such team games as hockey, football and soccer where bodily contact is the order of the day.

Carrying a mortgage on a dream house can on occasion become a nightmare.

On The Farm Front... Control Of Twitch Grass Causes Problem

(A. A. Wall, Agricultural Representative, York County)

I almost got into an argument with some of my co-workers on the Sunrise Tour a few weeks ago, over the control of twitch grass. Eugene Lemon had a twitch problem on some of his fields and had tried different methods of control. The differences of opinion are probably confusing, but they are to be expected when you have to deal with an opponent as formidable as twitch. No method of attack is foolproof, so one of three or four has to be selected that has at least a good chance of doing the job.

Must Start Now
Twitch is unusually bad this

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year and the best time to tackle it is in the next month or so rather than next spring. The standard treatment is cultivation. Summer fallowing of course, will kill it but in my opinion the loss of a crop for a year makes this too expensive. After harvest cultivation can be successful but it isn't really reliable. Pulling the roots and letting them cook in the sun is good theory but it won't work with the weather we have been getting lately.

The other theory is to continually chop the roots up and let them grow to three or four inches with disc harrows. A lot of the disc harrows around, won't do this job well enough. They are light and just knock the tops off and ride over the matted roots. It takes heavy duty equipment and lots of power to get deep enough to really do the job. And it takes five or six treatments like this, between now and fall, to make twitch roots give up.

Effective Spraying
The use of chemical weed killers along with cultivation, I think, brings reliability up to about the level of summerfallow. Dalapon or Amtritol, along with some cultivation afterwards, has cleaned up many fields, and applied properly should work most of the time.

Spraying has to be done on actively growing foliage. It won't work on old mature plants, and naturally it hasn't got a chance if the twitch isn't fairly well started. Material is expensive, running around \$10 to \$12 per acre, but a good ensuing crop on a clean field should offset the cost.

A strong point in favour of spraying is that spot treatment can be used. Most fields have twitch in patches only, and spray isn't prohibitively expensive.

Late corn this year, is heavily infested with aphids. The twigs which are often loaded and damage is done in the filling and maturing process. Spraying is not practical but this is another point in favour of early planting. Fields that have been in tassel for a few weeks don't seem to be affected.

HYDRO FORESTRY WORK IS ACCELERATED WITH NEW MECHANICAL DEVICES

Hydro forestry work is being accelerated by the use of modern mechanical devices.

The Commission's foresters are climbing less but are accomplishing more work when crews are outfitted with special trucks equipped with hydraulic lifts and pneumatic tools.

The hydraulic lifts have overcome possible hazards of climbing on to diseased or storm-shattered trees. The Hydro foresters can hoist themselves quickly to favourable positions with the hydraulic lifts to work safely on tree limb removal. Pneumatic pole chain saws are being used by Ontario Hydro Central Region foresters to advantage in such work on diseased or storm-damaged trees. These saws enable the foresters to cut limbs at a safe distance.

Hydraulic lifts have been used in Ontario Hydro Central Region for a number of years. The Commission has experimented in this Region with these machines making refinements and improvements in the hydraulic lift equipment and also on the pneumatic forestry tools used. After the new equipment has been thoroughly tested it has gradually been adopted in other Regions throughout Ontario.

The hydraulic lifts and pneumatic tools have been a great boon in the extensive work of removing sections of elm trees infested by the insidious Dutch elm disease which has penetrated the hardwood belt of Ontario in recent years. Such diseased trees or those that are storm damaged, often are hazardous to electric power service and have to be removed. A. F. Potter, Central Region's Hydro Forestry Superintendent, said,

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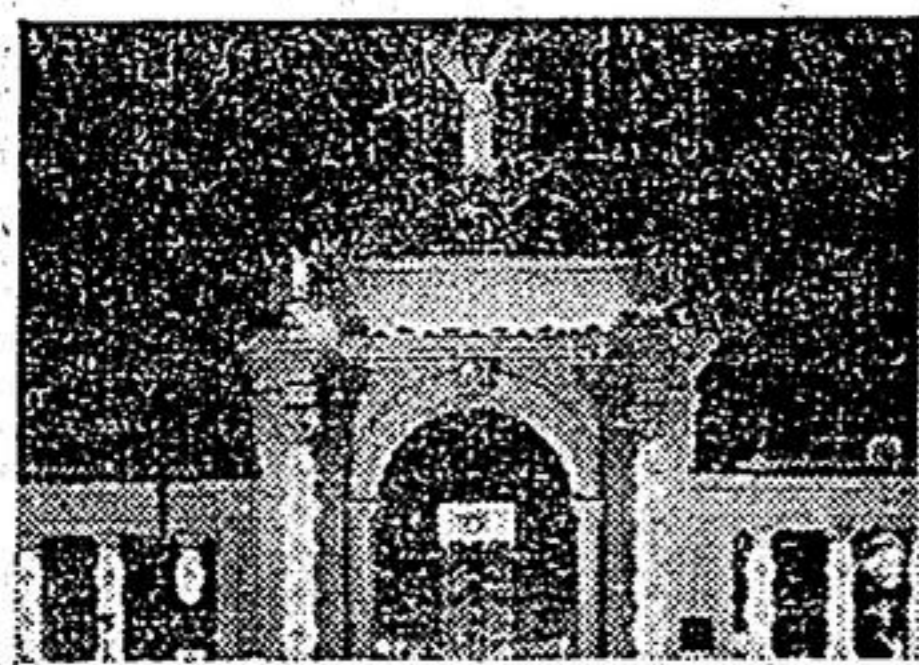
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GIANT HOBBY SHOW—Find your hobby, or choose a new one, from among the displays and demonstrations of 41 different hobbies in the General Exhibits Building.

THE HOME OF CANADA'S HOCKEY HALL OF FAME—A fascinating collection of souvenirs and mementos from the world of sports.

FAMOUS CANADIAN INDIANS—A special new feature this year is the exhibit paying tribute to the culture and skill of the Canadian Indian of yesterday and today.

INTERNATIONAL AIR SHOW—High in the sky, on Sept. 3 and 4, the newest aircraft in the world are put through their paces. The world-famous U. S. Air Force Thunderbirds will dazzle you with their precision manoeuvres.

FLOWER SHOW—A breathtaking collection of dazzling, garden-fresh blooms raised especially for the CNE flower show.

BETTER LIVING CENTRE—Take a look into tomorrow and see the first public demonstration of the amazing laser light beam that can actually cut through steel. You'll also find all that's new in the homemaking world. See the latest appliances and furnishings in elegant settings.

25 ACRES OF AGRICULTURAL WEALTH—Here under one roof is the largest agricultural display to be found anywhere in the world.

INTERNATIONAL CAR RALLY—The exciting Marathon Car Rally, August 23-24, is a first for the CNE this year. Starting from three separate locations, Toronto, Montreal and Rochester, the rally will cover 350 grueling miles over three separate routes which converge for a thrilling combined finish at the Princess Gates.

ANTIQUE AND CUSTOM CARS—HOME-BUILT AIRCRAFT—See the cars of yesterday, today and tomorrow in the Automotive Building. You can see gleaming motorcycles, too.

INTERNATIONAL SHOPPER'S MARKET—The rare and exotic are yours to look at and buy in this fascinating marketplace where over 20 countries display their wares.

QUEEN ELIZABETH BUILDING—This is the World of Women, the key to gracious living. You can relax while you enjoy free fashion shows and cooking demonstrations any day you choose.

ARMED FORCES DISPLAY—A huge outdoor exhibit featuring all the latest developments in Canada's armed forces' equipment, plus a CF-5 RCAF jet interceptor.

MATINEE SPACE FUN FEST—See the Bell Rocket-belt Team soar overhead at the afternoon grandstand show. For the swingers, the fabulous Italian Beatles and the Liverpool Set. Roaring motors and screeching tires add extra thrills to this fun-packed afternoon as motorcyclists display their skill. All this plus the fantastic jet cars, clowns and high wire acts adds up to a fun-filled 2-hour show.

THE NATIONAL HORSE SHOW—International Champions of world-renown meet at the Horse Show to vie for coveted awards—Aug. 20-26.

DELIGHTFUL BAND CONCERTS—The world champion New Zealand National Band will fill the air twice daily free at the Bandshell.

NATIONBUILDERS '65—A cast of 1,500 performers, singers, dancers, and musicians—will combine to produce a truly international show, with over 30 represented countries. Free admission to this show, on Labour Day, Sept. 6.



SIGHTS AND SOUNDS OF THE SIXTIES—The Evening Grandstand Spectacular featuring the Kings of Comedy, Victor Borge (Aug. 20-27) and Bob Hope (Aug. 28-Sept. 4). These two great comedians headline the light, bright, sprightly grandstand show with Doug Crossley, the Womenfolk, Debbie Lori Kaye and a host of international talent specially selected by producer Jack Arthur. Don't be disappointed. Order your tickets in advance.

INTERNATIONAL TRACK MEET—Canada's top track stars will be competing against a field of top-ranked international athletes. Bill Crothers, Abbie Hoffman, Harry Jerome, Nancy McCredie and Jennie Wingerson will be leading the Canadian squad on Monday, September 6, in the grandstand.



AQUARAMA '65—The greatest show on water is back again. Twice every day along the CNE waterfront the world-famous Aquarama '65 is presented free. Water-skiing, kite-skiing, and world's championship high-diving from heights to 110 feet are all yours to enjoy. Be sure to see the finish of the 57 mile Marathon Motor Boat Race to Burlington and return.

SPECIAL PRICES FOR STUDENTS AND CHILDREN—Students under the age of 18 can now gain admittance to the Ex for only 50 cents, on presentation of student identification. In addition, all children under 12 will have two free days at the EX, one when they use their complimentary ticket mailed by the CNE to their schools, and again on Young Canada's Day, Monday, August 23, when no ticket is required. Kids can win valuable prizes on Young Canada's Day by being On the Spot.

THE WORLD OF FASHION—The latest in fashions—from Parisian and Canadian couturiers—are on parade in the Queen Elizabeth Building every day. There are fifteen different shows—featuring the very latest styles in sport and dress clothing.

SPECIAL DAYS DURING C.N.E.

Fri. Aug. 20	Opening Day
Sat. Aug. 21	Warriors' Day
Mon. Aug. 23	Young Canada & Education Day
Tues. Aug. 24	Automotive Day
Wed. Aug. 25	Food Products & Merchants' Day
Thurs. Aug. 26	Floral, Music, Arts & Health Day
Fri. Aug. 27	Press, Radio & Television Day
Sat. Aug. 28	International & Athletic Day
Mon. Aug. 30	Women's Day
Tues. Aug. 31	Manufacturers' & Service Clubs' Day
Wed. Sept. 1	Electrical Day
Thurs. Sept. 2	Transportation & Communications Day
Fri. Sept. 3	Farmers' & Livestock Parade Day
Sat. Sept. 4	Citizens' & Cadet Day
Mon. Sept. 6	Labour Day

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