

stages and can be cured, but which, if neglected, results, in a large percentage of the cases, not only in great suffering and deformity, but in partial or complete loss of vision. In the U. S. report of the Public Health Bulletin, already referred to, of over 4,000 people examined in five counties, 12 1-2 percent had trachoma. At that time the Bulletin printed a list of instructions to those having trachoma as well as to others to prevent them from contracting the disease, emphasizing the fact that the same rigid hygienic care should be taken with trachoma as would be used in any other inflammatory condition. The facts that many of the medical profession do not believe in its infectiousness and contagiousness today, as they did many years ago, and that experience, observation and treatment have given us increasing evidence that it is more of a deficient nutritional condition than one of specific contagious origin, do not justify us in becoming in any way indifferent or careless now in carrying out the instructions given in former days. In following them we have everything to gain and nothing to lose. It is a further fact that clinical evidence has proven that this disease of the eyelids is a local manifestation of a systemic condition, which condition has been proven in hundreds of cases to be the result of a lack of Vitamin A and mineral salts which are contained in whole milk, whole cereals, fresh vegetables and fruits. Total abstinence or the extremely modified use of coffee, tea, coca-cola, tobacco and all super-refined sweets, as well as muscled meats, with total abstinence of any alcoholic beverage, must be adhered to in order to obtain lasting results. If there is painful toleration of light, if the eyes water and vision is impaired, or if there is any thickening of the lids, the afflicted person should immediately be seen by a physician and the proper treatment administered. This disease is usually arrested in a few days if it has not already developed to the extent of involving the cartilage, but we have found that the patient must adhere to a balanced diet until the reconstructive changes have taken place and the body regains its normal power of resistance. This disease is not immediately destructive but is a slowly developing one. It becomes chronic before the vision is impaired

or deformity of the lids occurs and if permanent relief is obtained the after treatment of sanitary or hygienic living with proper feeding must be strictly observed in many cases for several months.

Trachoma is a very old disease, probably as old as the Bible itself. It is also called granulated lids, sore eyes, etc. Those who have it can be cured and those who have not yet developed it can avoid it by learning how to protect themselves. If everyone, men, women and children, will learn about trachoma and take means for its prevention, the disease will in time disappear.

When trachoma begins the eyes feel as though a cinder, corn silk, sand, dirt, sawdust or other substance had gotten into them, and usually some of these things are blamed for the eyes getting sore. The eyes soon become red and painful, discharge water; some pus (matter) is present and the eyelashes stick together in the mornings. Soon the light affects the eyes and in time causes so much pain that it is necessary to wear dark glasses or tie a dark cloth over the head in the effort to keep out the light. The surface of the lids becomes rough, some what like sandpaper, and irritates the eyeball with every wink of the eye, often described as "cutting." It is this constant irritation that causes the eyeball to become red and painful. Ulcers appear and a new growth is formed over the pupil, and then the patient is liable to become slowly blind. While the redness, pain and discharges may cease for a time, the disease is almost sure to return unless treated, each attack damaging the eye more and more. Early treatment of trachoma thus becomes necessary and it should be continued until the disease is cured.

In addition to the early local treatment of the eyes in the beginning of this disease we have found by careful study and investigation that the patient needs a balanced diet. By balanced diet I mean, a minimum of one pint of whole milk per day, one or two eggs, not fried, whole wheat bread or bread from unbolted meal, eaten at least two meals per day, with generous servings of tomatoes and other vegetables properly cooked and all seasonable fruits. Sweets, pastries, tea and coffee are forbidden

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