

# Life didn't end for blind 80-year-old

Dear Jo: I am writing to you about my Uncle Abe who is 80 years old and has been totally blind for 50 years. He has shown me that being old and having a handicap doesn't mean that you have to be a shut-in.

About 15 years ago, Abe began taking sculpting classes designed especially for the blind. Just last year, one of his many pieces of sculpture was selected for an exhibit which opened at the Metropolitan Museum of Art in New York and was shown at major museums across the country.

He has his fourth seeing eye dog now. They go everywhere together, walking, on buses, on trains and on planes. Abe says that the exercise he gets walking his guide dog keeps him young.

The Library of Congress makes special records and tapes of books and magazines. Abe and other blind persons receive these free in the mail. He loves to keep up on his reading but he prefers the recordings to braille.

Being 80 and blind might have slowed him down a bit, but he has taught me the real meaning of Herzl's words, "If you will it, it is no dream."

Jonathon D.

Dear Jo: At my last visit to my doctor he told me to lose 30 pounds, he referred me to a nutritionist for some diet teaching. Could you suggest a quick weight loss diet for me so I can get this problem solved as quickly as possible.

R.C.

Dear R.C.: Quick weight loss diets usually offer no provision for keeping the weight off after you have lost it. You should see the nutritionist, who can help you get down to your ideal weight gradually.



gerontology

A. Jolayne Farrell

The ideal loss is about one or 1½ pounds per week. I understand that you would like to get to your goal quickly, but try not to be too impatient or get discouraged.

The nutritionist will help you develop better eating habits and will make you more aware of your attitudes toward food and your eating patterns.

The safest and most effective way to lose weight is by decreasing your daily caloric intake of food, and slowly increasing your exercise.

Dear Jo: As I grow older, I have noticed that my nails have grooves (lengthwise) in them. Is there anything that I can do about this?

Miss C.

Dear Miss C.: The longitudinal lines that we notice on our nails as we grow older are called Beau's lines. They become more pronounced as time passes.

You can buy nail kits that include fine emery-like boards and buffing creams that will smooth out the nail. Be sure and follow the instructions closely as you do not want to remove too much of the nail surface.

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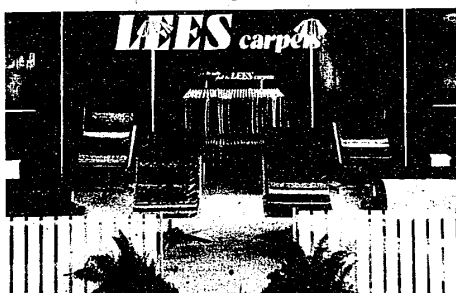
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