## Talking books not just for the blind

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SALE ENDS

SATURDAY

In one of your recent columns it was mentioned that the Library of Congress makes special records and tapes of books and magazines and that blind persons can receive them free in the mail. I have a blind aunt who lives in Cleveland. Is it possible for you to give me information on how to go about obtaining records and tapes for her.

As I researched this, I found that the talking books are not only for the blind but for the physically handicapped as well. Talking books are cassette tapes and phonograph records of books and magazines. The subject matter covers a wide range of areas. They are distributed through a network of regional libraries for the Library of Congress.

Those who are eligible are the legally blind or those who are unable to read conventional print with regular reading glasses; the physically bandicapped who are unable to hold a book or to turn the pages; and those who are unable to read for neurological reasons.

Your auth in Cleveland is eligible because of her blindness, Many older persons can qualify for this service if they are unable to read conventional print with regular glasses and/or unable to hold a book or to turn the pages.

In order to be eligible for the talking books, an application or certification form can be obtained from the Library of Congress or a regional library. The form can be signed by any professional, for example a doctor, nurse, social worker or counselor.

This service, including the mailing, is free. Also cassette and record players are provided free of charge to those who need them. For more information, and to locate your regional library, you

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**3 DAYS ONLY** 

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gerontology A. Jolayne Farrell

can write or phone the National Library Service for the Blind and Handicapped, the Library of Congress, 1291, Taylor St., N.W., Washington, D.C. 20542. The toll-free number is 1-800-424-8567.

What causes the skin to wrinkle? What would you suggest I do to keep my skin looking its best?

The skin changes throughout the life span. As we grow older, the outermost layer, the epidermis, generally becomes more thin and britle. The dermis, which is the next layer of skin, becomes fairly dehydrated and loses some of its elasticity.

It has also decreased blood supply and a decrease in the amount of fatty deposits that give the skin a fuller appearance. These changes are part of the normal process of aging. They give the skin a lined and wrinkled look.

To keep your skin looking its best, it is wise to avoid extremes in your environment, such as over-exposure to the sun, or to dry and windy weather. Try to keep the temperature in your home fairly stable, not too cool in the summer nor too warm in the winter.

> PICK UP broken glass fragments easily with a slice of fresh bread. Use one side and press against fragments, then discard. Pick up a shattered clothing budget with an Observer & Eccentric Classified Ad to sell unused items.





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