







DR. NEIL SOLOMON

Sunburned eyes painful, serious

Dear Dr. Solomon: I enjoy outdoor activities during the summer months, but find that my eyes are almost constantly bloodshot. Last summer I had a particularly painful episode after a day at the beach, when my eyes were swollen shut. Is there anything that can be done to prevent this or treat it if it occurs again? — Dolores.

Dear Dolores: Sunburned eyes are a hazard of prolonged exposure to the sun's ultraviolet rays. The best way to avoid this painful condition is to limit the time you spend out in the hot sun — especially at the seashore, where water and sand reflect and intensify the effect of the sun's rays.

A similar problem is common among skiers, and Dr. Lawrence Winograd, a Denver ophthalmologist, has treated many cases of sunburned eyes. Another condition that may result from long exposure to the sun is temporary night blindness, and Dr. Winograd suggests that people driving home after a day at the beach should therefore take special care.

The best protection for the eyes is a pair of shatterproof sunglasses large enough to cover the sensitive skin around the eyes. Gray, green or brown lenses are best; others may interfere with color perception.

Swimming in a chlorinated pool or in salt water also tends to irritate the eyes, although the condition generally is not serious. The irritation usually clears up in a short time; cool compresses or eyedrops can help. The same treatment is suggested for eyes

that have been exposed too long to wind, but any kind of medication should be used only according to directions.

Dr. Winograd warns that first aid for the eye should be limited to the use of eyedrops or rinsing with cool water. If an injury is serious, the eye should be covered with a sterile pad and the patient taken to the nearest physician or hospital emergency room for treatment.

Dear Dr. Solomon: My father lives in another city. Although I do not see him as often as I would like, we speak by phone every week. Recently he told me he has learned from his doctor that he has kidney disease. I would like to know what this means and the consequences. — Mr. L.A.

Dear Mr. L.A.: It is not possible to define "kidney disease" with any precision. There are many diseases that involve the kidneys, but they differ from each other according to the cause of the problem and the part of the kidney affected.

In general, however, should a person's kidneys stop working, the amount of water, salt and other substances excreted in the urine will not match the amount taken in. As a result, the volume of water in the body increases and edema (swelling of the tissues) results. In the absence of treatment, the composition of the body fluids continues to change until death occurs.

The treatment and prognosis depend on the type of disease and the part of the kidneys affected.

THE NEWSPAPER BIBLE

Oh, what a joy it is!

Yes, what joy there is for anyone whose sins are no longer counted against him by the Lord.

Now then, the question: Is this blessing given only to those who have faith in Christ but also keep the Jewish laws, or is the blessing also given to those who do not keep the Jewish rules, but only trust in Christ? Well, what about Abraham? We say that he received these blessings through his faith. Was it by faith alone? Or because he also kept the Jewish rules?

For the answer to that question, answer this one: When did God give this blessing to Abraham? It was before he became a Jew—before he went through the Jewish initiation ceremony of circumcision.

It wasn't until later on, after God had promised to bless him because of his faith, that he was circumcised. The circumcision ceremony was a sign that Abraham already had faith and that God had already accepted him and declared him just and good in His sight—before the ceremony took place. So Abraham is the spiritual father of those who believe and are saved without obeying Jewish laws. We see, then, that those who do not keep these rules are justified by God through faith.

And Abraham is also the spiritual father of those Jews who have been circumcised. They can see from his example that it is not this ceremony that saves them, for Abraham found favor with God by faith alone, before he was circumcised.

It is clear, then, that God's promise to give the whole earth to Abraham and his descendants was not because Abraham obeyed God's laws but because he trusted God to keep His promise.

So if you still claim that God's blessings go to those who are "good enough," then you are saying that God's promises to those who have faith are meaningless, and faith is foolish.

But the fact of the matter is this: when we try to gain God's blessing and salvation by keeping His laws we always end up under His anger, for we always fail to keep them. The only way we can keep from breaking laws is not to have any to break!

Romans 4:8-15

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Mayors concerned about site

SEATTLE (AP)—The phone has been ringing off the hook with officials wondering if Seattle is a safe place for the June 8 meeting of the U.S. Conference of Mayors.

The callers don't apparently know Seattle is one of the few places in the Northwest that escaped fallout from the eruption of Mount St. Helens. Even Portland, Ore., 175 miles to the south, got dusted.

"Most people east of the Mississippi think Seattle and Portland are twin cities," said John Gunther, executive director of the conference. "Some of the mayors said they wanted to come and take pictures from Seattle of the volcano. I told them to look at a map."

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