

In 1925, at Cedar point Ohio USA, June 30th, at an international convention of the world's largest service club organisation - Lions International - a physically challenged lady who was deaf, dumb and blind, Hellen Keller, assisted by her aide and trainer, rose to address an attentive audience and she challenged them.

"Dear Lions and Ladies" I suppose you have heard the legend that represents opportunity as a capricious lady who knocks at every door but once, and if the door isn't opened quickly, she passes on, never to return. And that is how it should be, lovely, desired ladies wouldn't wait. You have to go out and grab them..."

"Will you not help me hasten the day when there shall be no preventable blindness; no deaf, blind children untaught; no blind man or woman unaided? I appeal to you Lions, you who have your sight and hearing, you who are strong, brave and kind, will you not constitute yourselves knights of the blind in this crusade against darkness? There is no lovelier way to thank God for your sight than by giving a helping hand to those in the dark".

Muscles

The eye helps you to explore the field of vision; opens the pupil relative to the availability of light and modifies its lens to offer you sharp focus on objects. The messages relayed to the brain by this vital organ through the optic nerve at the rate of 100 megabytes per second while awake can only be matched by the latest of the fastest computers. This organ is amazing because of its incredibly high precision and performance. When awake, all the muscles of

Eat your way to lasting eyesight

GOOD LIVING

BY DR SOLOMON KARANJA

the eyes are constantly moving to carry on this vital work. Surprisingly, it does this needing very little oxygen.

Carotenoids

Spinach, Carrots, Broccoli and Apricots are foods whose level of provitamin A make them appropriate for consumption to ensure healthy eyes. Carrots and alfalfa greens are richest in this provitamin, which makes them true dietary medicines. They are also good sources of vitamin C, E and B together with all minerals and trace elements including iron. Vitamin A, derived from carotenoids is essential for proper functioning of the retina especially for night vision situations. Carrots are also essential for diseases of skin, gastritis, excess gastric acid which is the cause of ulcers and prevention of cancer. Carrots can be eaten raw, cooked or as juice.

Apricots, which when eaten give sparkle

to the eyes is eaten fresh and ripe, dried, preserved or in apricot treatment. This treatment is carried out over the course of 15 days by eating 500gms at supper as the only dish. It may be eaten with toasted bread. This treatment is recommended in case of conjunctiva dryness; chronic irritation or itching of the eyes. Apricots contain plenty of provitamin A and are also useful in lack of appetite, depression, asthenia and nervousness. They are grown in abundance in the Limuru and Uplands area.

Spinach

Spinach, to which a famous cartoon Popeye owed his great strength, is an excellent vegetable with protective properties of the retina. It can be eaten raw, frozen, cooked or as fresh juice. It is rich in minerals and elderly patients have lower risk of losing visual acuity if they eat plenty of spinach. It is recommended in anaemia, it reduces cholesterol and is necessary during periods of rapid growth in adolescents. Other foods that improve eyesight are mangoes, cabbage, orange blueberry, squash and blackberry. Fats, butter, coffee and



trans-fatty acids tend to increase intraocular pressure increasing eyes vulnerability to glaucoma and cataracts hence should be taken cautiously.

May your sight live with you.