

# FOCUS ON FASHION



Photos from the recent Spring Fashion Show sponsored by Gayna Fashions

## Eramosa Library notes

by G. Kelso  
New arrivals at Eramosa Community Library include:

Adult fiction: Battle of the Queens by Jean Plaidy, Small Person Far Away, Judith Kerr,

Sisters and Strangers, Helen van Slyke, Storm on the Range, Max Brand, Eagle and the Raven, Pauline Gedge, Juvenile/Primary fiction: Harry the Hedgehog, Vivienne Mann, Guy

Fawkes Day, John Cunliffe, Haddock McCradock, Wendy Smith, House of Five Bears, C. Jameson, Kitty Mouse, Sumoko.  
Non fiction: All About Ontario Cuppards, E.

Ingolsfrud, Oil Spill: Danger in the Sea, Joseph Brown, Bronfman Dynasty, Peter Newman, Book of Wood Carvings, Charles Sayers, Uphill All the Way, Edna Jacques.

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## News about arthritis Wellington to host Int. plowing match

The Arthritis Society reports that although there are well over 100 different types of arthritis, many are quite rare and far too complex to describe easily. First, find out exactly which type of arthritis you have, since the outlook and treatment will vary widely according to which type you have. To illustrate this point, let's look at the three most common kinds of arthritis, namely osteoarthritis, gout and rheumatoid arthritis. The word arthritis is a catch-all term and describes an illness no better than the word "stomachache". Arthritis means inflammation of a joint and there are many causes of joint inflammation. Osteoarthritis is the most common form of arthritis and would be more correctly called "degenerative joint disease" since inflammation of the joint (the "itis" of arthritis) occurs rarely. Arthritis is caused by the wearing-away of the cartilage which covers the bone ends. This is usually a gradual and natural process although it happens more quickly in some than others for reasons not yet fully understood. Injury can cause osteoarthritis and many people involved in contact sports, such as football and hockey,

become victims. Osteoarthritis usually causes a dull, aching pain and treatment is in the form of relieving the pain. Although bothersome, osteoarthritis rarely causes disability and only slight reduction of normal activity. Gout is caused by a chemical imbalance in the body. A normal substance called uric acid is either created in too large quantities or is not excreted by the body quickly enough. The result is that crystals of uric acid form in joints—such as the big toe—and cause inflammation and extreme pain. Medications can quickly relieve the inflammation and pain and regular use of medicine as prescribed by your doctor will prevent gout from ever recurring. Gout is not caused by "high living" as was once thought to be the case. Gout is, however, the one form of arthritis where diet may be important and a doctor will explain this in detail to patients. Rheumatoid Arthritis Although this is one of the most potentially serious types of arthritis, the outlook is now generally good for most patients and a diagnosis of rheumatoid arthritis does not automatically mean a future of disability and crippling. With early diagnosis and treatment, eight out of ten patients can expect

virtually complete control. It is extremely important to take medications exactly as prescribed even when the patient feels better since it is the level of medication in the blood which controls the disease. It is important to maintain that level. The cause of rheumatoid arthritis is not known but the involvement of a virus or viruses is not suspected by scientists. Rheumatoid arthritis may strike anyone, at any time, but three times as many women as men are involved and it usually strikes between the ages of 20 and 40. Symptoms include fatigue, weight loss, morning stiffness, swelling of the joints, tingling or numbness in the hands or feet and a general lack of well-being. The Arthritis Society will provide free information on any of these types of arthritis. Write to: The Arthritis Society, 920 Yonge St., Ste. 420, Toronto, Ont. M4W 3J7 and specify the type of arthritis.

Wellington County will host the 1984 International Plowing Match and Farm Machinery Show, which takes years of planning. Representatives of county, district and regional Plowmen's Associations met recently to hear proposals from the three counties who were vying for the 1984 match. "The 41 directors of the Ontario Plowmen's Association selected Wellington County over the two other counties, Grey and Elgin," says Art Peppin, of the Agricultural and Horticultural Societies Branch, Ontario Ministry of Agriculture and Food. Although the site for the 1984 match will not be selected officially until three years before the event, a farm near Guelph Lake, north of Guelph has been proposed.

"There are many criteria to consider in the selection of the site," explains Mr. Peppin. "We have to choose on the basis of proximity to essential services, such as telephone and hydro, and we must also consider accommodation and transportation routes."

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