

# off; avoid those quack remedies

toid arthritis. No evidence was found to substantiate these assertions.

**Copper Bracelets** - Copper bracelets for arthritis have been

Green-lipped Mussel Extract - Initial studies by an Australian marine pharmacologist seemed to indicate that a compound made from this shellfish found off the coast of New Zealand had anti-inflammatory properties. However, subsequent independent laboratory studies failed to duplicate the original results.

**Herbal Remedies** - In 1985, an independent consumers' watchdog group had 27 herbal remedies analyzed by a leading toxicology laboratory. The results showed that none of them had any signifi-

cant beneficial effect, and many were potentially harmful. Increased or long-term consumption of herbal remedies can cause side effects such as stomach upset, diarrhea and nausea. Some of the herbs you should be wary of are devil's claw, elder and juniper berry, soap wart (saponaria), colts-foot and lobelia. Be especially careful not to ingest aloe vera, essential oil of anise and Chui-fong Toukuwan, a Chinese herbal tea.

**Radon Health Mines** - Promoters have been touting the benefit of sitting for repeated periods of time in abandoned radium mines that emit radon gases. Radon is a radioactive gas formed as a by-product of the atomic disintegration of radium. Despite

extravagant claims and luxury tour packages to radon mines in the American midwest, radon therapy is totally unsubstantiated by scientific studies.

**Tropical Oils and Cream** - Massaging cod liver oil, or olive or peanut oil, into inflamed joints has been promoted as a pain remedy. There is no evidence to support these claims.

**WD-40** - Made from petroleum distillates and extremely flammable, WD-40 is a maintenance product meant to protect metal from rust and dirt. Several reports of severe allergic reaction to the use of WD-40 on affected joints have been recorded. Breathing it into the lungs can cause chemical pneumonitis.

## Steam-Era this weekend

A smaller and less noisy version of the steam engine will be featured at the 31st annual Steam-Era.

Home-made scale models of the engines will be the focus of a special display at the event held traditionally at the Milton Fair Grounds on the Labor Day weekend.

Gates opened Friday at 9 a.m., but most of the action won't get underway until Saturday.

On Saturday at 11:30 a.m., an hour-long downtown parade will take the antique machines north on Ontario Street from Pine Street to Main Street, east to Hugh Street, and back to the fairgrounds.

Official opening ceremonies with Milton Mayor Gord Krantz

will follow the parade at 12:30 p.m.

Log sawing, bag tying, sheaf tying, and tractor pull competitions will be held frequently throughout the four-day event.

A machinery toy show will be another unique display.

Other entertainment will be staged at the grandstand during the evening. A country and western talent show will be held Saturday night at 8 p.m., while a variety show will be put on by Steam-Era organizers at the same time Sunday night.

All in all, the show will feature about 25 steam engines, more than 200 gas tractors, and 150 gas engines. Steam-Era will be open daily from 9 a.m. to 10:30 p.m., except Monday when the action shuts down for another year at about 5:30 p.m.

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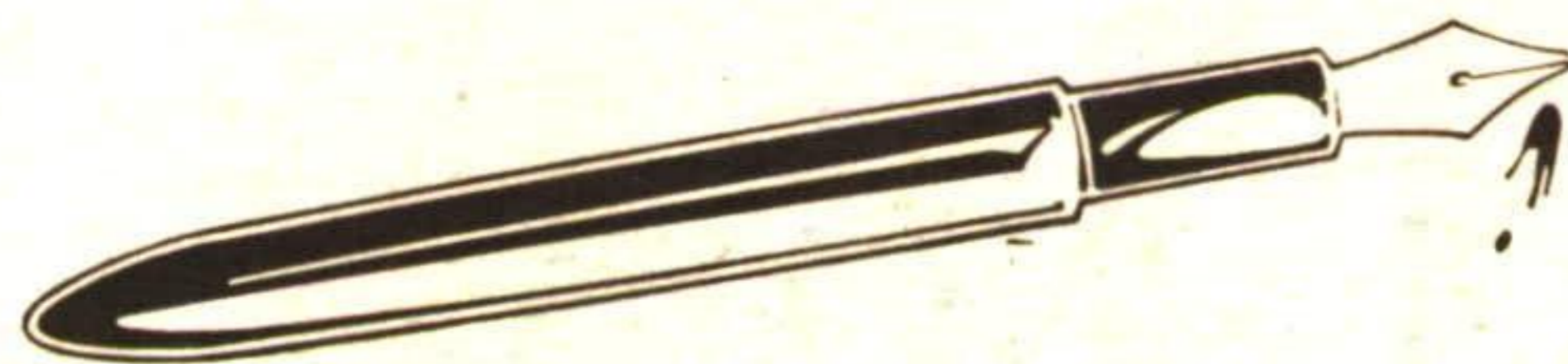
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