

# Healthy outlook will help dispel myths

Mental retardation is a term that means different things to different people. For some it spells out heartache, shame, guilt, rejection or bewilderment. The following should dispel some myths, explain some causes and hopefully provide a healthy outlook and a more understanding view toward the mentally retarded.

### MYTH 1

**"The mentally retarded will never become productive members of society."**

With special education and training and depending on the severity of retardation, the mentally handicapped are quite capable of employment. In fact, studies show that the retarded have a better work record and less absenteeism in routine type jobs than normal people.

### MYTH 2

**"The mentally retarded are freaks."**

Although some people who are mentally retarded have accompanying physical defects, most of the mentally handicapped are not physically distinguishable from the average person.

### MYTH 3

**"The mentally retarded are dangerous and perverted."**

It is not common behavior for the retarded to be violent or commit sexual assaults. There

are exceptions, just as there are exceptions in the normal population.

### MYTH 4

**"Being around the retarded is detrimental to a normal child's brain development."**

Mental retardation is not a contagious disease. Contact with the retarded does not have any adverse effect on the brain of normal children. Mental retardation can occur in any family and the degree of impairment can range anywhere from mild to profound in severity. Retardation is not an illness which can be cleared up with therapy. A brain impairment is a permanent disability of slow mental development. This does not mean that the retarded cannot learn. They most certainly can, but at a slower rate than most people. There are 200 known causes of mental retardation. A child's brain can be damaged during pregnancy, during birth or after delivery. These three periods are referred to as prenatal, perinatal and postnatal periods respectively.

Causes include such factors as poor maternal nutrition, maternal diseases or infections, drugs, genetic defects, premature birth, difficulties during delivery, poor postnatal nutrition, head injuries, infections and the lack of environmental stimuli for in-

fants.

### PRENATAL CAUSES

Poor maternal nutrition can cause retardation to her unborn child. Any deficits of vital nutrients, such as a lack of protein or an inadequate intake of vitamins can have varied effects on fetal brain development. Maternal diseases or infections include rubeella (German Measles). Rubeella contracted during pregnancy — especially during the first trimester — can have profound untoward effects on the developing fetus.

All drugs including aspirin should be avoided during pregnancy unless taken under the supervision of a doctor.

Genetic defects are abnormalities in the chromosomes of either parent which can be transmitted to the genetic make-up of the fetus

and cause physical and/or mental impairment.

### PERINATAL CAUSES

During birth a number of things can cause brain damage. They include lack of oxygen during birth, prolonged and difficult labor, mechanical injuries by the use of forceps and premature birth. A premature baby has a smaller head circumference than normal and a subsequently smaller brain size and capacity. The premature child is 10 times more likely to suffer retardation than a full-term infant.

### POSTNATAL CAUSES

In the period following birth poor nutrition can cause brain damage in an infant. A malnourished fetus is bad, but a malnourished fetus followed by a malnourished infant is considerably worse. Unfortunately, the two al-

most always go hand in hand.

Lack of environmental stimuli can retard brain development. This

can include sensory defects. Often children who function as retardates are the victims of defective hearing, or

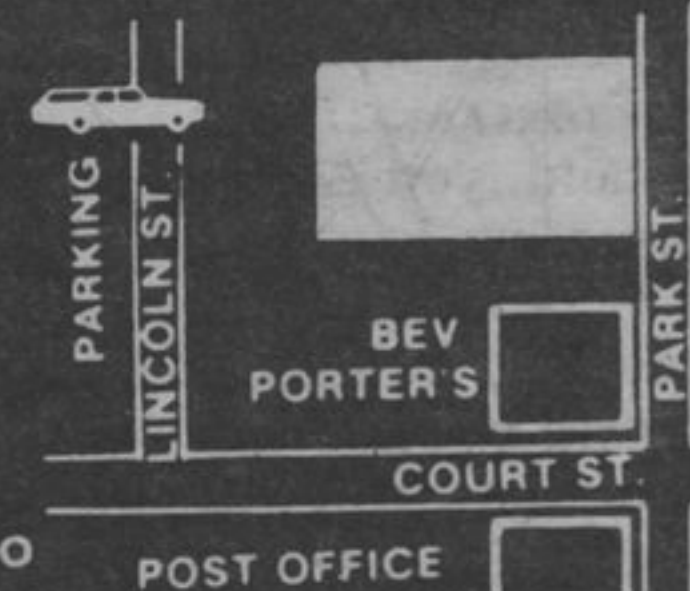
vision which keeps them from learning in the conventional way even though they may have normal intelligence.

## January Furniture Sale Continues

**TEAK Furniture Centre**

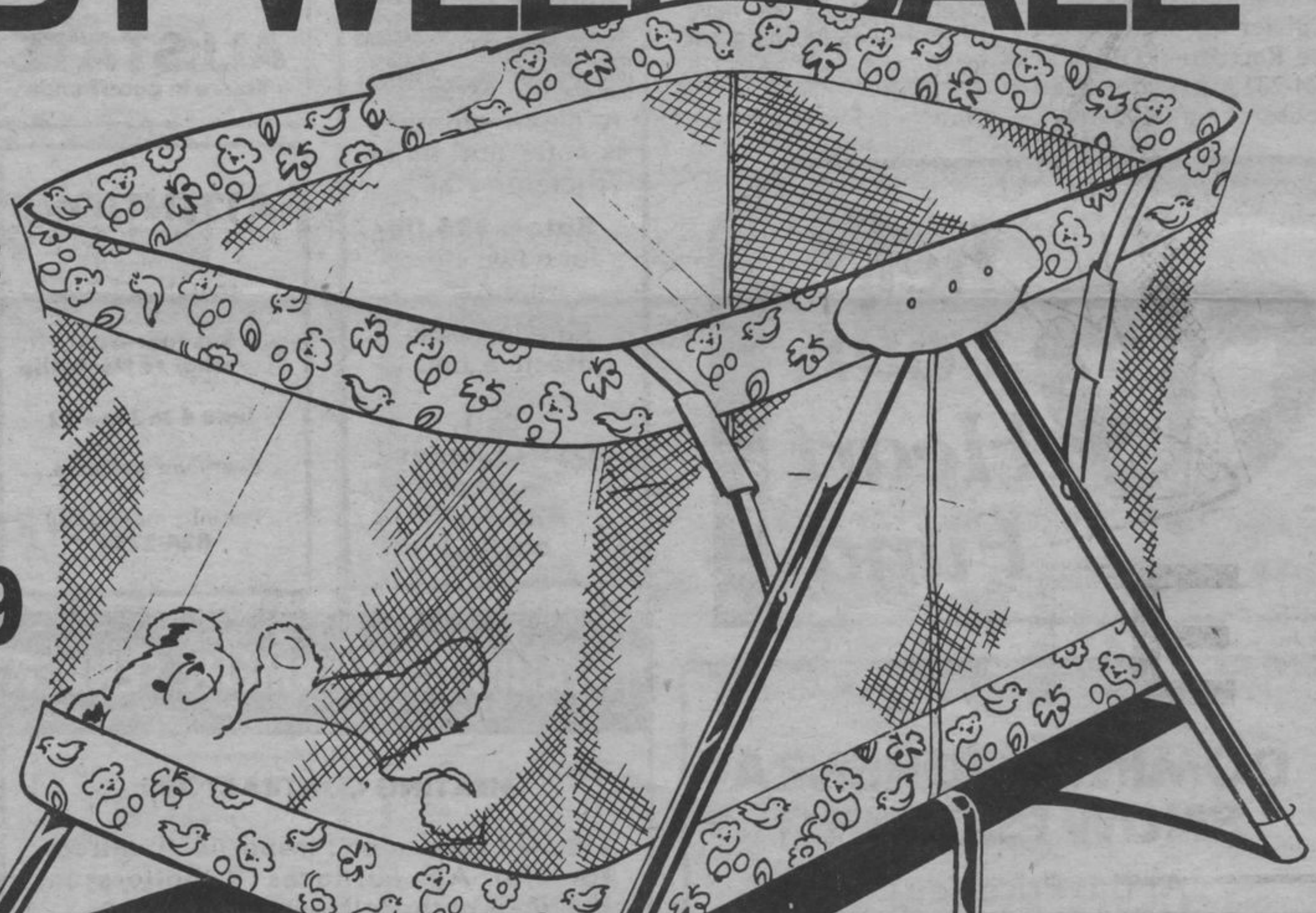


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345-0201



the Bay

# BABY WEEK SALE



**Nylon-net playpen by 'Dorel'**

Provides a convenient and safe place for baby to play. Features nylon-mesh netting with padded bottom. Folds away easily for storage. Size abt. 26x40". (48164)

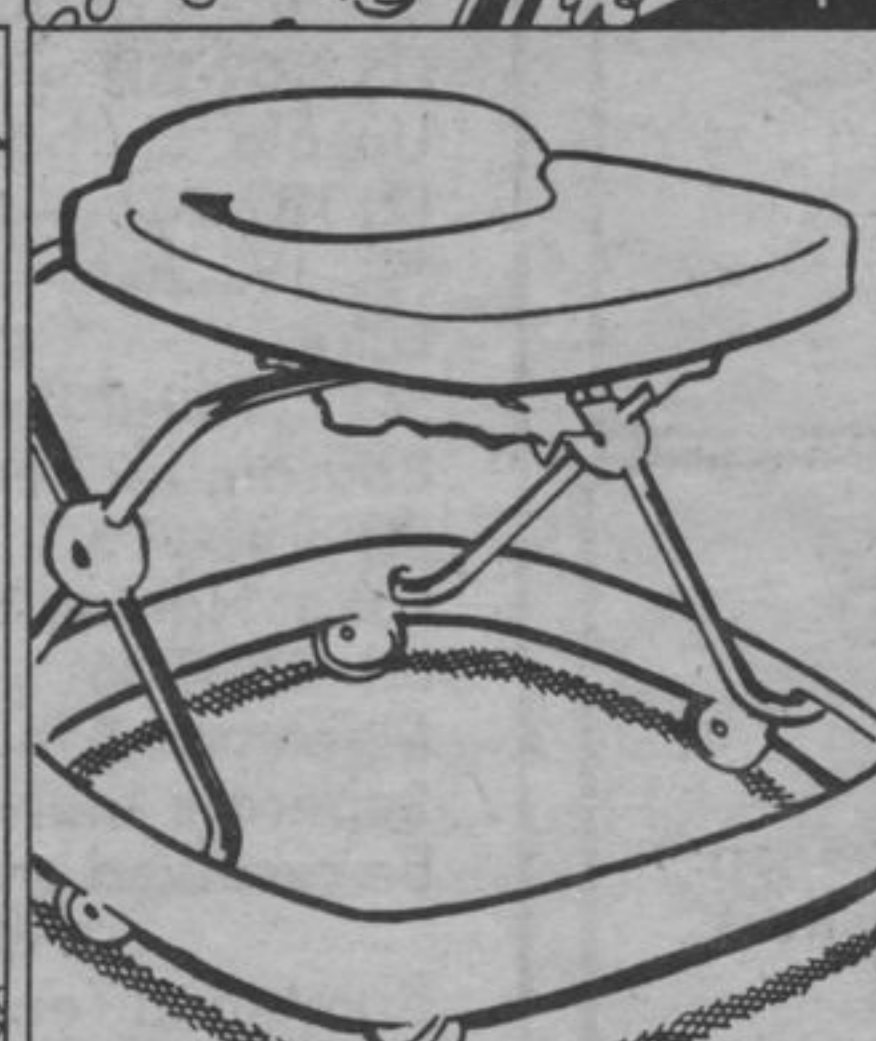
**57<sup>99</sup>**



**Quality made Storkcraft® crib**

Hardwood crib meets gov't safety standards. Has a white non-toxic finish. (48086)  
Crib mattress abt. 27x52" size. (48121). 42.99

**109<sup>99</sup>**



**Great buy! Super walker**

It's adjustable to grow with baby and has a handy front tray plus 6 ball casters. Red/white. (48069) **21<sup>99</sup>**



**Plastic lounge for baby**

Features include safety strap plus play beads to keep baby amused! In white, almond or yellow. (48072) **7<sup>99</sup>**

## Tips on household chores

Mopping the floors is a tiring job, even for people without arthritis. Here are a few tips that make the job easier: use "one wipe" cleansers that don't demand a second rinsing; use the kitchen or bathroom sink as your water pail so you don't have to drag a heavy bucket around; use a sponge rather than a string mop, it's lighter and easier to handle. *Never* scrub the floors on your hands and knees.

### In The Laundry

When you purchase new clothing or linens, try to buy those that don't require ironing. Use laundry products that have a pre-wash stain remover in them to cut down on hand-scrubbing. Add softeners that make ironing easier and cut down on static cling. Do smaller wash loads to reduce the weight you have to handle. Encourage older children to do their own laundry and ironing.

### The Kitchen

Arrange your kitchen cupboards so that the products or items you use most often are nearest to your stove or sink. Try to plan a place to sit while working. If you need to transport items across the kitchen, try using a wheeled cart. Use rotary trays that turn or pull out of a

cupboard to make it easier for you to get at foods or products you need. Avoid storing foods and heavy utensils below the counters where you have to bend or squat to pick them up.

### Plan Your Shopping

If you do your own shopping, plan it out beforehand. Make sure you include a break for rest. Shop with a list - it makes the job easier and you'll probably save some money. Try to learn the layout of the stores you most often go to so that you're not backtracking from aisle to aisle. If you need a product on a high or low shelf, ask a clerk or another customer to get it for you. Most won't mind helping. If your store has a delivery service, use it. Don't try to carry heavy packages yourself.

### Don't Give Up!

Everyone has a tendency to give up a little bit when times are tough, especially if they have arthritis and are going through a period of "flare up" and are experiencing some pain. Try not to because it's an easy pattern into which to fall. Plan your day and your work and you'll find that you can accomplish everything you want to without too much difficulty.

**Blanket sleepers in infants' SML. (47177). Reg. 8.98 each **7<sup>99</sup>****

**Thermal-knit soakers. Sizes 2,3,4. (47235). Reg. 2.29 ea. **1<sup>99</sup>****

**Terry-cloth bibs in asst'd patterns. (47270). Reg. 1.39 **2/1<sup>99</sup>****

**Lap pads. Vinyl top, cotton underside. (47650). Reg. 2.69 **2<sup>29</sup>****

**Acrylic receiving blanket. (47603). Our reg. 4.49 each **3<sup>99</sup>****

## GREAT BUYS!

**Fitted bottom crib sheets. Stock up! (47632). Reg. 8.49 **6<sup>99</sup>****

**Soft flannelette top sheet. Solids. (47630). Reg. 7.59 **6<sup>49</sup>****

**Pampers disposable diapers** are so convenient for you. Come in and see our low prices on overnight, newborn, daytime or toddler sizes.

**Flannelette diapers. 12/pkg. (47217). Reg. 13.98 **11<sup>99</sup>****

**Cotton vest. Sizes 3-24 mo. 2/pkg. (47262). Reg. 4.98 **3<sup>99</sup>****

**Plastic bath tub for baby. Asst'd colors. (48107). **4<sup>99</sup>****

**Baycrest 5-pc. bumper pad helps protect baby. (48130). **11<sup>99</sup>****

**Infants' stretch sleepers in SML. (47150). Reg. 3.98 ea. **3<sup>19</sup>****



Come in out of the cold and join us at the Bay where you'll find great values and savings all month long!