



hydrotherapy hasn't been replaced by new drugs.

Is Personality a Factor?

There are strong links between arthritis and the patient's personality, delegates to an International Congress on Rheumatic Diseases in Toronto, Canada, were told.

Attitudes of stern self-discipline are prominent among persons with rheumatoid arthritis," Dr. Ford Gifford of Boston declared. "So are attitudes of long-suffering stoicism, a devotion to order, and a rigid preoccupation with cleanliness and high moral principles."

Arthritics "seem to have strong feelings of inadequacy coupled with a high degree of social consciousness," said Dr. Norman O. Rothermich of Columbus, O. "They seem to have an ever-present desire to do the right thing and are meticulous, perfectionistic, and over-ambitious."



Simple tools aid arthritics.



A can opener helps.

**It can strike young or old;
but with facilities available
today, early and proper
treatment will prevent its
crippling effects.**

has been in the disease itself—if arthritis can be called a disease. Actually, arthritis is only a name used to identify the aches and pains, the swelling and inflammation, and the limitations on motion that are experienced in the joints.

There are many different diseases that result in arthritic symptoms. At the moment, it appears that there may be more than 150 different forms of arthritis, more than 150 different ailments that result in arthritic symptoms!

THE TWO MOST common forms that account for about 70 percent of all arthritic complaints are rheumatoid arthritis and osteoarthritis.

A characteristic of rheumatoid arthritis is that it fluctuates. Often, without the aid of any treatment, after a severe flare-up it will suddenly disappear entirely. This remission, which may last for months or even years, has been the basis for many claims of quack cures and remedies.

While the cause is not known, many factors, most of them vague and difficult to control, trigger the start of rheumatoid arthritis and even influence its course. Emotional and physical stress and strain, fatigue, injury and shock, undue exposure to cold and dampness are but a few.

Osteoarthritis is most frequently associated with aging and usually attacks those joints that undergo the greatest wear and tear. While rheumatoid arthritis is the greatcrippler, osteoarthritis seldom results in severe deformity. It is never seen before the age of 40 and it seems to involve persons who have undergone occupational or other stress involving the weight-bearing joints. The knees, hips, and part of the spine are especially affected by osteoarthritis.

Strangely enough, the potent drugs that offer some relief in rheumatoid arthritis have no effect in osteoarthritis. Both ailments, however, will respond to aspirin, rest, heat, massage, and exercise: the conservative form of therapy so much in use today.

Even with the differences of opinion among physicians about the disease, many thousands of patients are being treated successfully with one or another of the various drugs and procedures available. *The proper treatment seems to be the right treatment in the right individual at the right time.*

With what is known today about arthritis and with the treatments available, there is hope for every arthritic. Early and proper treatment of rheumatoid arthritis will prevent crippling in 70 percent of the cases. It will permit the individual to continue at his job, to take care of his children and his family. It will permit the arthritic to lead as normal and active a life as is possible despite the disease process smoldering beneath the surface.

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