

Here are a few of these warning signs:

- Pain and swelling of the joints
- Persistent muscular aches and pains
- Unexplained weight loss, fever and weakness
- Undue warmth of a painful joint

If ignored and neglected, these signs may recur with sudden violence. They can become chronic, and never get any better. They may also lead to crippling – to joints that are destroyed and fused into one solid mass.

Early diagnosis and prompt and correct treatment will not only ease the aches and pains of arthritis, but will prevent the disease from crippling. In 70 per cent of the cases of the most destructive form of the disease, crippling can be prevented with proper treatment.

There is no wonder drug, no specific cure for arthritis. Yet, there is hope for the arthritis victim. With the drugs that are now available and with what doctors now know about the disease, it is often possible to control arthritis; to reduce the pain; and minimize damage to the joints. And what's more, research scientists are sure that an ideal drug will eventually be found that will effectively suppress and control the disease.

It is also possible to reduce the chances of getting arthritis. There are preventive measures that will help the body defend its joints against the disease and slow down its inroads.

Here are 10 steps that
arthritis specialists
recommend to prevent arthritis.

- 1 Try not to get tense and worried.
- 2 Don't push your body beyond its physical limitations.
- 3 Get sufficient rest and sleep.
- 4 When possible, avoid excessive exposure to dampness and cold.
- 5 Avoid sudden and repeated strains on the joints.
- 6 If you must work hard, warm up your muscles first.
- 7 Avoid excessive body strain.
- 8 If you injure a joint get proper medical care. A joint injury that has healed improperly can cause arthritis.
- 9 Have all infections treated by a doctor. Many neglected infections may lead to arthritis.
- 10 Keep well nourished but not overweight.

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The Farmer Suffers Most!



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It is a strange thought that the farmer, who works most of his life in the healthful outdoors, should be the victim of the nation's No. 1 Crippler — *Arthritis*.

But it is a fact that no matter how the figures are stacked, more farmers suffer from arthritis than individuals in any other field or occupation.

23% of all farmers and farm workers in this country — more than 961,000 men and women — know the aches and pains of this destructive disease.

A government study shows . . .



649,000 (or 16%) of all the farm operators and managers of farms in the entire United States have arthritis



206,000 (or 15%) of all female farm laborers have arthritis



106,000 (or 8%) of all male farm laborers have arthritis

As against these figures, factory workers run second to farmers, 719,000 of them being victims of arthritis, or about 17% of all factory workers in the nation.

The pain and the misery of this chronic disease lessen the farmer's ability to put in a full day's work. They force him to

reduce his farmed acreage drastically. They sometimes prevent him from harvesting the crops he has been able to plant. Frequently, he is forced to make a change in the amount or the type of work he does.

While the same holds true for people employed in all other types of jobs, the proportion of arthritic farmers who must cut down their daily work load is higher than among city workers. It is also higher than among arthritics who live in rural areas but do other sorts of work.



Why should the farmer be so singled out? Why should arthritis select him as its most likely victim?

The fact that he works outdoors may be a factor. And people who do the hardest physical labor are more apt to be stricken with arthritis.

Arthritis is aggravated by mental as well as physical strain, by anxiety and shock. Heredity, fatigue, lowered physical resistance and emotional stress and strain also contribute. Injury, poor personal hygiene, exposure to dampness and cold and chronic infections are other contributing causes.

• Certainly all people who work for a living are exposed to these hazards that can

“trigger” an arthritis attack. Farmers, it appears, because of the life they lead and the work they do, are especially susceptible.



Arthritis is the name for the rheumatic diseases which cause inflammation of the body's joints. The two most common forms are rheumatoid and osteo-arthritis.

Rheumatoid arthritis is a generalized disease of the entire body that produces an inflammation of the joints. In its most common form it is slowly progressive, often leading to crippling. It attacks persons of any age, even children. It strikes three women for every man.

Osteo-arthritis is associated with aging and usually attacks those joints that undergo the greatest wear and tear.

Every ache and pain does not mean that arthritis threatens. If they go on, however, see a physician or go to an arthritis clinic. For in most cases arthritis does not come on suddenly. It may develop quietly and remain beneath the surface, often for years, before the painful symptoms make themselves known.

The aches and pains that are the yearly warning signs of arthritis may come and go over a period of time and often stay no longer than a few days. If they recur, seek medical advice.