

and the conditions can be chronic. Arthritis, especially in the knees, is common and sometimes complications such as encephalitis are seen.

Fortunately, the treatment for Lyme disease is straightforward, providing the disease is caught in the first phase. The borrelia are very sensitive to common antibiotics such as penicillin, tetracyclin, and erythromycin, and show no signs of developing resistance. Early administration of these antibiotics is the key. Later complications, certainly in the second and third phase of the disease, are harder to treat.

Canadian records from 1977 to May, 1989 show that 30 cases have been reported, 25 in Ontario and five in Manitoba. Sixteen of these cases were reported in 1988 so, as in the U.S., the disease appears to be on the increase.

In Nova Scotia, only two patients have been reported as having Lyme disease. One of these patients was diagnosed and treated in Massachusetts while the second had recently arrived here on a yachting trip along the eastern seaboard. However, there are some troubling observations; patients are presenting themselves to the Victoria General hospital in Halifax with symptoms akin to Lyme disease. Blood serologies for Lyme, and every other related disease or condition, prove negative. If it's not Lyme disease, it might be some other borreliosis.

I believe a renewed respect is warranted for ticks in Nova Scotia until we can determine what the risk is. The prevention of tick bites is the best strategy. Cover your legs when in tick habitat (wear long, light coloured pants or slacks which tuck into you boots) and check yourself regularly for ticks. Remember, once they alight, invariably on the legs, they like to migrate to warm, moist places before they engorge. To remove an embedded tick, always carry a small set of forceps and work the tip as far forward as possible onto the head of the tick before you pull. I like to carry a small vial to keep the tick in in case I develop a rash or flu-like symptoms. A piece of dampened cotton wool in the vial will keep the tick alive for several weeks.

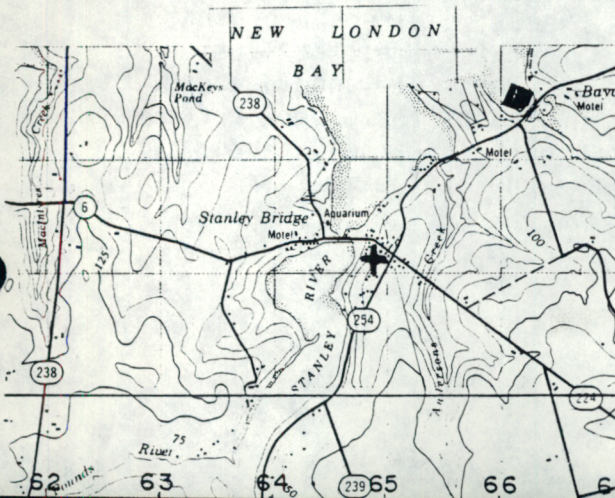
### WILDLIFE FEDERATION SELLS T-SHIRTS

The P.E.I. Wildlife Federation is selling large and extra large T-shirts promoting the Federation and the conservation of wildlife. The T-shirts have 4 colours showing the scene depicted on the right. They are being sold for \$12.00. You can obtain one by contacting Pat Doyle at 566-0387 (W) or Paul Gallant 687-2382 (H).



Prince Edward Island  
Wildlife Federation

### SOCIETY PICNIC PLANNED



by Wendell MacKay

Reserve Saturday afternoon, September 15th between the hours of 4 and 6 p.m. for strolls along woodland trails, river shore, and country lanes (weather permitting) at Balnakeil, the home of Jean and Wendell MacKay at Stanley Bridge. The pot-luck supper (casseroles, salads, etc) is planned for 6 p.m. and it will be followed by a