

(without the hyphen) health is really paramount in *healing* MS. Others believe this too and have tried alternative methods of regaining their health.

Those who try not to get stuck in the symptoms of illness can escape being forced into the mold that has been formed by our society, numerous health care professionals and institutions that altruistically come to our aid. For example, in London, England, a group of thirty people formed an international organization for MS, called Action for Research into MS (ARMS). Ben Thrift, a cofounder, in his interview with Michael Delon, said: "We formed ARMS because it seems that the MS Society seems to be made up of very negative thinking people. We were all young people who had been diagnosed young, and we found out later that MS actually starts much younger than they thought before. We were all young people with kids, and young families and mortgages and everything, and we couldn't accept this negative thinking. That's why we broke away and formed our own group." The group emphasizes "self-help," the desire for which "arose from the frustration experienced by people with MS—firstly, by the lack of positive answers relating to their disease, and secondly by the attitude of others towards them."

Some people, in their attempt to "help" those with multiple sclerosis, only perpetuate the helpless and powerless feelings associated with this malady. For example, by playing upon the emotions of others (the sympathy angle) in trying to deepen awareness, stereotyping develops which further increases the frustration of the disease. In short, others' dis-ease about multiple sclerosis promotes the disease itself. But I am not the only one who feels this way. The following quote about Annette Funicello is from an Oregon woman whose letter