

Louise Stevens, Halton Hills unit secretary for the Cancer Society, is seen here at work in the Society's new office at 5 Wesleyan Street. The office is situated upstairs over the Christian Book Shop and is open Monday, Wednesday and Friday.

Don Wright is an artist who awes his independence, his greenhouse, his garden and his lifestyle to Factor VIII, a blood derivative - and to Newfound-

He is 47 years old and a hemophiliac. About ten years ago he decided to move from being an art teacher in Ontario

RED CROSS Blood donor clinic

Monday 1:15 - 8:45 p.m. Holy Cross auditorium

Cross Blood Transfusion Service centres across Canada where blood is broken into its component parts. It's an operation requiring the most sophisticated medical equipment and techniques. The results are worth it. It means

that blood components such as

platelets can be given to those

There are 16 Canadian Red Leukemia patients depend on platelets for their treat-

who need them.

ment. Platelets are found in plasma, which is the straw coloured liquid portion of blood. The blood comes from people across Canada who donate blood at the Canadian Red Cross Society Blood Donor

relaxed, less pressured life in Newfoundland, This coincided with the isolation of the blood product Factor VIII from whole blood as the breakthrough treatment for hemophiliaes. But Wright, even now, can't separate his way of life from his treatment. To him they are linked, and decisions are made by him because he is

primarily an artist not because

he is a hemophiliac. "I came here for the more relaxed way of life, for a life that made sense to me," Wright said. "Ten years ago my joints were in bad shape. I couldn't do half the things I do today. Today I feel better than

ever before." He was two years old, living in Timmins, Ontario when he had his tonsils removed and was bleeding profusely. It was then his family discovered he had hemophilia, a rare condition occurring only in men resulting from the absence of Factor VIII - the name given a

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to what he perceived as a more crucial clotting agent in the blood.

At that time, the only treatment for hemophilia was bed rest and whole blood transfusions, which was dengerous because of the amount of whole blood which had to be transfused in order to control haemorrhaging.

"I was very lucky," he said. "I think I survived because of lots of luck and my mother's devotion. As it was, I spent a lot of my childhood in bed. To have hemophilia for most a-

meant crippling by now." But for the most part, his life is enfettered with bealth anxieties. He lives in a small coastal outport about two hour's drive

away from St. John's and the Red Cross Blood Transfusion Service centre. He saws his own firewood, digs his garden, is building a greenhouse and spent last winter working part time with his

son on a fishing dory. "I'm doing all sorts of things I wouldn't have thought possible ten years ago," he said. "I'm doing them at my rate and within the limitation of the time and energy I've got, but I'm doing them."

"Every time I get the stuff, what comes to mind is the fact that people give freely, in good faith and in good health," Wright said. "They're there to help people like me." You too can help, by giving your blood at your local clinic this Monday, May 12, from 1:15 to 8:45 p.m. in the Holy Cross Church

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Cancer campaign may gross \$38,000

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THE MOUNTAINVEW OF THE

Louise Stevens says that last month's cancer Society fundraising campaign went at least as well as expected and Halton Hills' projected contribution of \$38,000 should be realized.

"The April campaign has gone really well this year," Mrs. Stevens said last week. "I think one of the reasons for this is the increase in cancer. I don't think there is a family anywhere that hasn't been touched by it."

All the proceeds from the drive go towards combatting cancer and educating the public on how to prevent cancer.

Mrs. Stevens will be operating out of a new office at 5 Wesleyan Street. Any contributions or in memoriam donations will be accepted at the new location.

Mrs. Stevens provides liaison between the public and volunteers and distributes educational pamphlets to the

"Our motto is 'We can beat

TIDY CAR

cancer in the 80's'," Mrs. Stevens says. "Many people don't realize that many forms of cancer are curable if caught in time. There were great advances made in the 70's and

I'm sure the 80's will be even will be a free breast better.' Any donations can be mailed

to the local office where they will be receipted. On Saturday, June 7, there

examination clinic held at the Georgetown District Hospital from 12 to 8 p.m. Any further questions can be answered by Mrs. Stevens





How to cope.

Stress is something we encounter every week of the year. But during Mental Health Week, from May 4th to the 10th, we're putting the stress on knowing how to cope with it.

Stress is a part of normal living.

And a little stress can even help individuals realize new successes or achievements.

But evidence is mounting that excessive or prolonged stress is linked to major illnesses.

So the trick is not to ignore stress.

But to understand and control it. And now, during Mental Health Week, is a good time to start.

If tension, anxiety and daily pressures start mastering you instead of the other way around, try dealing with them in a few simple ways.

Keep up your general health. Good physical condition can help you cope with stress situations.

Talk about or work out your problems. Talking and physical activity are emotional outlets which can help put problems into perspective.

Give your support to friends, family and co-workers during periods of stress. As it helps them, it can also take your mind off your own problems.

Learn some of the new methods of controlling stress. There are all kinds of techniques, from the simplest to the most sophisticated. And finally, get more information on how you can understand and deal with stress, by writing to: Ontario Ministry of Health,

Resource Centre, Queen's Park, Toronto, Ontario M7A 152. After all, the more you know about stress, the better you can cope with it. And Mental Health Week is a good time to start.



Ministry of Health

Dennis R. Timbrell Minister



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SWEEPSTAKES

RULES: Each week the word "Provincial will appear in several of the advertisements on this feature. Simply read through the advertisement find the word "PROVINCIAL" write down the names of the advertiser's where the word Provincial appears and submit to: Provincial Editor c-o The Herald. A weekly draw will be made and the winner notified.

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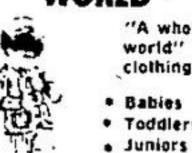
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