



Over 90

Midland resident Beth Marsell celebrated her 90th birthday Friday at the home of friends. Mrs. Marsell, born in England, lives today in The Villa Nursing Home in Midland. Her

daughter, Mrs. Eileen Denny and son, Les, both live in Midland. She has seven grandchildren and 13 great-grandchildren.

Midland to get piece of action to fund native family housing

The federal government will insure more than one and a half-million dollars to provide housing for low- to moderate-income native families in the Barrie area.

Announcement of the approval to insure the funds was made last week by Hon. Paul Cosgrove, minister responsible for Canada Mortgage and Housing Corporation (CMHC).

CMHC is the federal government's housing

agency.

Money, in the form of a Canada Trust Company loan of \$1,575,483, will go to Simcoe Urban Native (SUN) Housing Incorporated of Barrie to assist that non-profit housing group to acquire 35 housing units.

The loan will be insured under provisions of the National Housing Act (NHA) for a 35-year term at an interest rate of 13 per cent. An annual federal subsidy of up to

\$139,388, however, is available to lower that rate to as low as two per cent. This will enable SUN Housing Inc. to charge rents their tenants can afford.

Of the 35 units of detached, semi-detached or link design, 32 are acquisitions from existing stock throughout Barrie, two are to be located in Midland and one in Collingwood.

SUN Housing Incorporated initially received \$9,000 in Start-Up funds from CMHC to launch this project. Two-thousand dollars of that amount need not be repaid. A year ago

the group purchased nine units under the federal government's non-profit housing program in Barrie's Letitia Heights subdivision - the first urban-native family-housing project of its kind in Ontario.



One week to go

St. Louis School principal Don D'Aoust explains a form to his secretary, Annette Ouellette, who is also the mother of one of the 50 or more students who will be starting in the new Penetanguishene school Tuesday.

Arthritis: A chance coming to learn more about it

Tuesday, Sept. 9, at K. of C. Hall in Penetanguishene, The Arthritis Society (Penetang Branch) will be hosting a public meeting complete with special speakers and a question and answer period to follow.

This will be your golden opportunity to discuss the illness and to learn more about it.

The Arthritis Society reports that there are over 100 different types of arthritis. To find out exactly which type of arthritis you have, it is necessary to see your doctor.

Let's look at three of the most common kinds of arthritis, namely osteo-arthritis, rheumatoid arthritis and gout. The word arthritis is a catch-all term and describes an illness no better than the word "stomach ache". Arthritis means inflammation of a joint and there are many causes of joint inflammation.

Osteoarthritis
Osteoarthritis is the most common form of arthritis and would be more correctly called "degenerative joint disease" since inflammation of the joint (the "itis" of arthritis) occurs rarely.

Osteoarthritis is caused by the wearing away of the cartilage which covers the bone ends. This is usually a gradual and natural process although it happens more quickly in some than in others, for reasons not yet fully

understood. Injury can cause osteoarthritis, and many people involved in contact sports, such as football and hockey, become victims.

Osteoarthritis usually causes a dull, aching pain, and treatment takes the form of relieving the pain. Although bothersome, osteoarthritis rarely causes disability and only causes slight reduction of normal activity.

Most people who have a "touch of arthritis" have osteoarthritis. Osteoarthritis does not go on to become rheumatoid arthritis.

Rheumatoid Arthritis
Although this is one of the most serious types of arthritis, the outlook is now generally good for most patients. A diagnosis of rheumatoid arthritis does not automatically mean a future of disability and crippling.

Eight out of 10 patients can expect virtually complete control if they see their doctor early. It is extremely important to take medications exactly as prescribed even when the patient feels better since it is the level of the medication in the blood which controls the disease. It is important to maintain that level.

The cause of rheumatoid arthritis is not known, but the involvement of a virus or viruses is now suspected by scientists. Rheumatoid arthritis

may strike anyone, at any time, but three times as many women as men are involved and it usually strikes between the ages of 20 and 40.

Symptoms include fatigue, weight loss, morning stiffness, swelling of the joints, tingling or numbness in the hands or feet and a general lack of well-being. If morning stiffness and pain and swelling of the joints recur, see your doctor right away.

Gout
Gout is caused by a chemical imbalance in the body. A normal substance called uric acid is either created in too large quantities or is not excreted by the body quickly enough.

The result is that crystals of uric acid form in joints - such as the big toe - and cause inflammation and extreme pain. Medication can quickly relieve the inflammation and pain, and regular use of medicine, as prescribed by your doctor, will prevent gout from ever recurring.

Gout is not caused by "high living" as was once thought to be the case. Gout is, however, the one form of arthritis where diet may be important, and a doctor can explain this in detail to patients.

The fact that gout can now be completely controlled is a good example of the fact that research into arthritis is paying off.



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