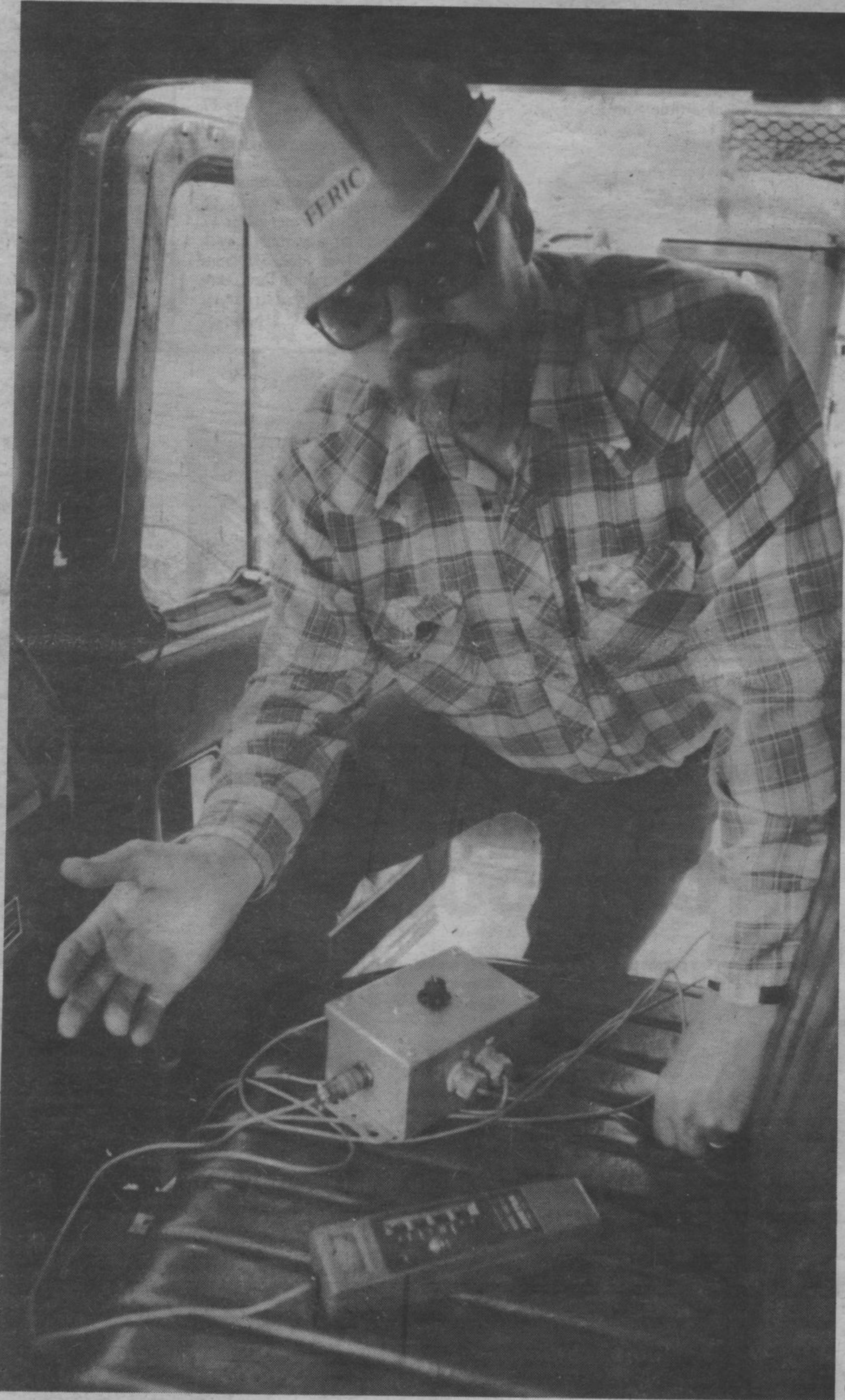


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News



Log hauling safety increased

A six-month research study on the safe hauling of logs released last week says that log hauling safety has increased but recommends practices to bring about even more improvements.

The \$85,000 study, funded by the Ontario Ministry of Northern Affairs, reviewed the methods currently used by the industry.

Using test benches, high speed photography and stress gauges, the Forest

Engineering Research Institute of Canada (FERIC) conducted road tests this past winter and summer with trucking firms and the forest industry in Northwestern Ontario.

A key element in the investigation was the cause of load spills off the trailers. Among the conclusions:

* Centrifugal (sideways) force is not the major factor causing spills - vibration is more important
* The tension of tie-down

chains can be greatly increased with better winches, and the chains can be kept tighter with take-up springs.

* The quality of loads has greatly improved over the past few years and awareness among the trucking industry "has done more to improve safety than any other gadget."

Northern Affairs, The Ministry of Transportation and Communications, and representatives from a

cross section of the industry compose the ad hoc committee on log hauling in Ontario which recommended the study. The committee now known as the Ontario Log Hauling Committee will be reviewing the study findings and making recommendations at their next meeting in February.

Domtar researcher
wins national
scholarship

Stan Megraw, of Domtar's Research and Environmental Technology department, is one of 12 scientists and engineers to be awarded Industrial Postgraduate Scholarships in the first competition for the honour, sponsored by the Natural Sciences and Engineering Research Council of Canada.

He is a Project Scientist in the Environmental Sciences group at Senneville, Quebec, and will be working towards a master's degree in microbiology.

The scholarship program was recently launched as part of the Council's range of activities designed to promote industry-university cooperation in research and development and in research training.

The objective is to

enhance the research, development and innovative capability of Canadian industry and to increase its commitment to research and development and to research training in Canadian universities. As a result, industrial scientists and engineers are encouraged to upgrade their R&D capabilities by enrolling in a program of graduate studies in a Canadian university.

Stan Megraw, 32, graduated in fisheries biology from the University of Guelph, Ontario, and joined Domtar's research organization eight years ago. His present field of research involves study of the impact of mills and other operations on aquatic and terrestrial environments. More specifically, mills are

helped to meet environmental compliance standards, by ensuring that analysis of effluents and air emissions are in line with official requirements. "In effect, we help them to identify test procedures," the Domtar winner explains.

At McGill University in Montreal, Stan Megraw will be studying microbial ecology, with particular emphasis on the environmental aspects as they relate to his work at Senneville.

Stan is a native of Terrace Bay and the son of Mr. and Mrs. W.S. Megraw, Kenogami Road. He is married to Judy Parent and lives in Pier Fonds with their two boys.

Frostbite dangerous

Frosty the Snowman may be a jolly, imaginary character, but Frostbite, the perennial, painful condition that can accompany winter weather, is no laughing matter, according to the Section on Sports Medicine, of the Ontario Medical Association.

While frostbite can affect any part of your body, your hands, feet, nose and ears are most at risk when temperatures drop. Therefore, if you are going to be outdoors for an extended period of time, precautions should be taken to make sure your skin and its underlying tissues are well protected.

This is especially true for infants and young children, who normally have a poor temperature regulating ability, and the elderly, whose blood circulation is generally sluggish. Other high risk people include those with atherosclerosis or those who are taking beta-blocker drugs which decrease the flow of blood to the skin.

The best protection against frostbite is several layers of warm clothes under a windproof outer garment. Normally exposed areas should be warmed periodically to offset the cold weather.

Simply stated, frostbite is the freezing of the skin and its underlying tissues. Frostbitten skin is hard, pale and cold, and has no feeling. When it is thawed, it is red and painful. Once any part of you has been frostbitten, it is more sensitive to cold than other parts; a good reason for avoiding it in the first place.

If you are a victim of frostbite, the safest cure is a rapid rewarming of the area in water whose temperature begins around 38 to 39 degrees C (100 to 103 degrees F). As the affected area begins to thaw, the temperature of the water can be slowly increased until the skin returns to its normal condition.

The Section also warns people about the medical myth that the best way to treat frostbite is to rub the frozen area with snow. That should never be done, nor should direct heat be applied to the affected area.

Winter sports, of course, put one at greater risk for localized cold injuries. The reason is that, not only do you spend extended periods of time outdoors, but the wind chill factor from continual movement, as in cross-country and downhill skiing, skating or sleighing, can bring the temperature lower than you might expect.

The cessation of movement in cold weather can also cause a problem, one far more serious than frostbite. For example, because a jogger's clothing may provide minimum insulation, when a winter weather runner's pace slows down, the body's heat production can drop significantly. If a body loses more heat than it can produce, the body's temperature falls, creating a state of total body cool-

ing, or hypothermia.

Symptoms of hypothermia include slowness of speech, lack of coordination, clumsiness and confusion. This will be followed by mental cloudiness and, finally, loss of consciousness. If not treated immediately, hypothermia can result in death.

Fatigue, drinking alcohol and lack of oxygen due to high elevations can affect your judgment as to how cold you really are, thus increasing the risk of hypothermia.

If severe frostbite occurs and the victim is some distance from medical treatment, the damaged area should not be thawed until treatment is available. Refreezing can only cause further damage to the skin and tissues.

With any victim who does not appear to have completely recovered from frostbite, medical treatment should, of course, be sought as quickly as possible.

VCR donated
to hospital

The Board of Governors of The McCausland Hospital, at their December 3rd, 1984 Board Meeting, were extremely pleased to receive a VCR donated by the staff of The McCausland Hospital.

Contributions made to purchase this equipment were as follows:

Hospital Staff	\$364.50
Jean Fisher	100.00
Ontario Nurses Association	100.00
Stella Sadowick	25.00

The Board of Governors also expressed appreciation to Terry's Sight and Sound

for providing the hospital with a Life-time Membership for movie rentals. The staff and Board feel this additional service will go a long way in making patients' stay in the hospital a more comfortable experience.

Mr. M. Moore, Chairman, stated on behalf of the Board of Governors, that he was very pleased that the staff, on their own initiative, made this important donation to the hospital.