

# Terry Fox - Inventor

by HUGH WESTRUP  
One of the less-known facts about Terry Fox is that he was an amateur inventor with a very clever idea.

Fox was continually frustrated by his inability to run with a normal gait. In an attempt to do something about this, he and a garage mechanic in Vancouver altered the design of his artificial leg. Fox's idea was to replace the metal shaft of the leg with a pogo-stick.

Not many months after Fox died, the War Amputations of Canada organization seized on his idea and sponsored research on its development. Two years later, they are unveiling a new artificial leg. Based on Fox's pogo-stick idea, that will make it possible for amputees to run with a normal looking gait and without pain.

"Except for a small limp, you can't tell that the wearer is a person with an artificial leg," says Guy Martel, head of the prosthetics and orthotics centre at Chedoke-McMaster Medical Centre in Hamilton, and one of the two designers of the improved leg.

The old-style artificial leg pivoted too slowly, thereby requiring the runner to hop twice on the good leg for each step on the artificial limb. Martel says, "It's like using the leg as a pole to vault to the next step," he adds.

Also, because the old leg has no "give", it causes the wearer a great deal of

pain. "When you run, you are subjected to a large shock every time your foot hits the ground," says Martel.

Every running step carries a pounding force four-and-one-half times greater than the runner's weight. When an amputee runs, all his force hits the stump of the missing leg.

The new design is basically a pogo stick and shock absorber inside a metal shaft. Not only does it soften the impact of each step as its steel spring compresses on impact, it also pushes the leg forward as the spring uncoils. Because the artificial leg bends at the knee, it allows the runner to move the leg once for every step of the good leg.

Martel and his co-designer, Ted Iler, have been testing the improved prosthesis on Grant Darby, a 21 year old engineering student at McMaster

University who, like Fox and Steve Fonyo, lost a leg to cancer.

Darby says that he could barely run across the street with his old artificial leg. Today, with a spring in his step, he jogs and even plays basketball.

Martel says the new leg takes considerable getting used to. "It's like going from being left handed to right handed," he says.

The one flaw in the new leg is that it is too heavy. "It's made of stainless steel, but we're going to switch to aluminum or titanium or carbon-fibre, which should cut the weight in half," says Martel.

"A lightweight leg should be ready for marketing in twelve to eighteen months and will cost about \$3,500," he adds. Dozens of requests have already come in for the leg. Martel says he is looking for physically-fit amputees to test the leg.

# St. John Ambulance

No one really knows how many people in Ontario owe their lives to St. John Ambulance first aiders. In Ontario St. John trains about 120,000 people a year in first aid and cardio pulmonary resuscitation. In all classes the candidates make nervous jokes about whether they'll remember what they're learning and have the courage to use it.

Well, they do. Every incident isn't a life saver. But every incident is one in which someone's pain and suffering, fear and injury are eased because a first aider knew what to do.

A hockey mother in Mississauga gave artificial respiration to a 17 year old player who had stopped breathing after he was hit on the head during a game. He's alive.

A truck driver took a course in Mississauga because he had seen someone bleed to death in a road accident. He came

back into the office a few weeks later to say he had already used his new skills to help injured people at the scene of another accident.

St. John Ambulance Cadets were congratulated by the St. Catherines District Ambulance Service after they stopped at a car accident in which four people were seriously injured.

The letter said, "Their expert assistance and cooperative conduct as they worked diligently with the professional Ambulance and Fire personnel was truly effective. I have no doubt that their assistance contributed to minimizing the severity of casualty injuries and deterioration."

Another volunteer in St. Catharines moved quickly when plate glass fell on an installer and severed an artery. The victim faces months of physiotherapy, but he is alive.

Every year St. John

awards about 100 certificates to first aiders who have gone to the rescue. They also award a few medals to those who have put themselves in danger to do so. There are many other incidents that never get public acknowledgement.

People take first aid for a variety of reasons. They take it at work as part of the company safety program. They take a public course because they've been involved with an accident and felt helpless when they didn't know what to do for injured people. They take it so they can become members of the volunteer St. John Ambulance Brigade and use their training for community service.

St. John is a voluntary, charitable organization that has been at work in Canada for more than 100 years. The organization earns income in fees for first aid, cardio pulmonary resuscitation and health

home care courses, and those fees in turn help to subsidize courses that are provided at no charge to groups and individuals who would not otherwise be able to take them.

Local St. John Ambulance Branches and Brigade units are members of the United Way, and they sometimes seek money for special projects, such as buying training equipment or a first aid vehicle, from local service clubs, business and the public.

To help keep up the good work, St. John welcomes volunteers, donations and people who want to take a course to learn how to handle an emergency.

Contact the local St. John Ambulance number in your local phone book, or the provincial office at 46 Wellesley Street East, Toronto, Ontario, M4Y 1G5.

## Parental Bereavement Group

We are considering the formation of a support group for families who have lost a child through death.

Sharing with another supporting parent is often the most helpful and reassuring thing parents

can do in their grief.

We would like to know if other parents are interested. Please call Sue at 229-0943 or Carol at 229-0123 or 229-1714 in Marathon or contact your Community Development Worker at 824-2867.

## Letter to the Editor No. 2

# The Slates a Provincial Park!?

Dear Ministry of Natural Resources:

This letter is in response to your call for public opinion on the transformation of the Slate Islands into a Provincial Park. We are against it, and have some questions for you. Here are our reasons:

1. You already have 2 parks in this area which you lease out for the summers. Why do you want another one? Do you have the money and manpower to take care of it?
2. There are few summer days which are calm and clear enough for safe public passage to the Slates. This area is notoriously foggy. Thick "pea-soup" fog can develop quickly on a warm sunny afternoon. The lake is dangerously unpredictable, deep, and cold.
3. Would you use the Kinsmen Beach for an access launch? The passage is tricky, even for people who use it all the time. Would you charge for launching? Would you make a big parking lot on our beautiful

beach? Would you charge to park there? What would you do when the river is too low to get boats out?

4. Would we lose our safe, warm and dry camps over at the Slates for when we are stranded? How many people would brave the lake rather than sleep in a tent on a cold foggy night? This would not be safe.

5. What effect would heavy public use have on the caribou on the islands?

6. Would you keep taking spawn from the Slate Islands area? You took spawn from there before which you destroyed. (This was published information). People who fish there all the time think this has caused a decline in fish abundance at the Slates. How can you ensure that this won't happen again?

7. Would you ban fishing at the Slates?

8. Would you charge for docking at the islands?

9. Do you plan to put campsites & trails on the islands? Do you have any idea how rugged these

island are? It took 2 days to find 2 little girls lost on Mortimer island (one of the Slates) recently because of the rough terrain. This is suitable for a park?

We thank that Rosspart Park and Pukaskwa National Park give the public a good idea what Lake Superior is like, without endangering lives, which would happen if you turn the Slates into a park.

Everyone that we have talked to is against your turning the Slates into a park. We hope that you hear from them, too, and listen.

This letter was written and sent in July. The response from the Ministry was "The Slates were already officially designated as park land". They also sent

a "Land Use" book which answered only one of my questions, that yes, there would be non-commercial fishing allowed in the park. I would like to know how the Town Council and Reeve candidates feel about this. I know Houston is all for it. He says it will benefit all town people - How? I can see it benefiting business people. I do not consider increased traffic, junk food availability, souvenir sales, etc. to benefit my life. I like Terrace Bay because it is quiet, with beautiful, private recreation areas. There is also the question of a Public Marina at our beach. This was tried in Rosspart and they couldn't make a go of it there where it is much more protected. Why would it work here?

**HALLOWE'EN SPECIAL**  
October 29 - 30

# PIZZA

**15" Deluxe \$10**  
**Terrace Bay Bakery**  
825-9039

## LAST CALL

**For Centennial Souvenirs**

We have on hand a limited supply of the following items:

<b>Hats</b> \$5.00	<b>Bells</b> \$6.95
<b>Plates</b> \$7.50	<b>T-Shirts</b> \$5.00 <small>(adult &amp; youth - some sizes &amp; colours)</small>

**They make excellent Christmas gifts.**  
Contact:  
**Township of Schreiber**  
608 Winnipeg St.  
Schreiber, Ontario  
Phone: 824-2711/2712



**We need your support. Cancer can be beaten.**

CANADIAN CANCER SOCIETY SOCIÉTÉ CANADIENNE DU CANCER

**Schreiber Legion**  
Br. 109  
**DABBER BINGO**  
Wednesday, Oct. 30  
**\$500 JACKPOT**  
**\$50 door prize**  
doors open at 6 p.m.  
Bingo at 7 p.m.

**CENTRAL ONTARIO DISASTER RELIEF COMMITTEE**

**From The Central Ontario Disaster Relief Committee appointed to act on the behalf of the May 31st tornado victims**

We would like to take this opportunity to express our most sincere thanks and appreciation

- to all those who assisted us in so many ways.
- to all the individuals who unselfishly donated money and or time in rebuilding peoples lives and homes.
- to all the groups, clubs and organizations who arduously took it to task to raise large and small amounts of money for our cause.
- to all the large institutions, corporations, charitable foundations and municipalities who so generously donated much needed funds.
- to all those who we might have neglected to include in expressing our gratitude.

**THANK YOU FROM THE BOTTOM OF OUR HEARTS**

A special note of appreciation should go to the Canadian Red Cross Society for their unselfish sacrifice in collecting funds and their receipting work.

We all hope that we never have to experience another event such as this.

The closing date for the receiving of funds is October 15, 1985

Our fund total to date is 7½ Million Dollars  
Thank you again

If you have donated money and not yet received a receipt, please be patient. Due to the large numbers of donations it may be a while in coming.

**FUNDRAISING CHAIRMAN**  
GEOFF LIND