

would be lost in all three lines.”

An Ontario Hydro official, John Shewchuk, informed me that Ontario Hydro was required to conduct a full Environmental Assessment of the new route. They would be looking at routes west as well as east of Highway 69, and they were even considering relocating the existing two lines west of Highway 69 where, he understood, they would have less impact on the river. The most assuaging news he came up with was that they were also considering putting all transmission lines underwater where they crossed the important French River Heritage Waterway Park.

In my opinion, the new line will have the least impact if it runs adjacent to the existing two lines. In the case of a local disaster Toronto can still get power through the grid system. If the existing lines are moved it will be at great financial cost as well as repeat the inescapable environmental damage associated with installing transmission lines, also creating yet another all terrain vehicle access through virgin territory. I was astounded by Mr. Shewchuk's comment that Ontario Hydro is considering putting the new line, and perhaps the old lines, underwater. In the past, Ontario Hydro has insisted submarine lines were too expensive and lost too much power.

If Ontario Hydro is indeed sincerely considering putting the lines underwater when they pass over navigable water, then they are to be encouraged as this would greatly negate any additional environmental impact a new transmission line would create.

In an attempt to organize a protest by people on the French River I have started a petition which states: “We want the new transmission line to be parallel and adjacent to the existing transmission lines and be buried underground and underwater where it crosses the French River Heritage Waterway Park.” (The park reaches 200 metres back from the shoreline.)

The time to let Ontario Hydro know your opinion is now, before their planners determine the specific route for a second transmission corridor. Write to the Chairman and tell him your opinion: Mark Allison, Chair of the Board, Ontario Hydro, 700 University Avenue, Toronto, Ontario, M5G 1N6. If you want more information, contact: Jim Shewchuk, Senior Public Relations Officer, same address.

Jane Burgess

REVIEW

THE BASIC ESSENTIALS OF HYPOTHERMIA by William W. Forgey MD, illustrations by Eric Gossler, published by ICS BOOKS Inc., Merrillville, Indiana, 1991, 68 pages.

Reviewed by Bill King MD

Hot on the heels of the review published in the Autumn issue of *Nastawgan*, Dr. Bill Forgey and the “Basic Essentials” people have been at it again, this time with a discussion of hypothermia. In contrast to his works on wilderness first aid, I have not read the longer text published by the same author in 1985 entitled, “Hypothermia.” The present text is described in the accompanying press release as a “concise version, presented in an easily digestible format,” but I find it hard to imagine any but the most serious student of hypothermia wanting more information than is presented here.

I also have a few reservations about the “easily digestible” description. One of the outstanding virtues of Dr. Forgey's works on first aid, in my opinion, is that they are simple, straightforward, and accessible without difficulty to the lay reader. Not so here – there is a lot of serious science in this book. Bearing in mind that I have a background in medical terminology and am already fairly well-versed in the subject, I must confess that I found myself nodding over sections of this book (admittedly reading it at the end of a particularly long day!). That is not to say that the information isn't important or the recommendations sound; just don't

expect this to rival a mystery novel for light reading.

Beginning with an overview of cold-induced illnesses the book then deals in more detail with the physics of heat loss, nutrition and metabolism, muscular and non-muscular heat production, and the body's mechanisms for reducing heat loss. Having dealt with the “basics,” the clinical syndromes are discussed under three broad headings, “chronic hypothermia” (the kind which results insidiously from a combination of fatigue, cold and wet), “acute hypothermia” (the kind which results from immersion in cold water), and “frostbite and other cold related injuries.” The discussions are authoritative and comprehensive and the recommendations on recognition, avoidance, and treatment include everything which I would consider important. Sometimes, as for example in the discussion of warm peritoneal dialysis, it seems to me that Dr. Forgey temporarily loses sight of the target audience.

I would like to stress that anyone who wades through this book will have enhanced their own safety and improved their value as a member of any party which ventures into a potential hypothermia situation (and this may include virtually any wilderness outing).

If I may be permitted one other criticism, I hope that if this book goes into reprinting it will be subjected to tighter editing. The grammar errors (e.g. split infinitives) and misuse of words (e.g. flounder for founder) are a minor annoyance to the fastidious reader.