

Chiropractic Viewpoint

LUMBAGO (Part 1)

Lumbago is a general term meaning pain in the lower back.

For every disease condition there is a cause. Lumbago is no exception, since it usually follows injury, strain, or develops gradually from an already existing weakness in the spine.

Inability to move the lower back, due to acute muscle spasm, is the most common difficulty in lumbago. When caused by injury — as in improper lifting — there may be "tearing" of the muscle fibres and displacement of lower spine and its muscles. Lumbago which is not immediately preceded by injury is often due to a weakness or imbalance of back structures such as disc injury, arthritis, chronic spinal displacements, poor posture, poor bone and joint formation, as well as lack of proper nerve control of joints and muscles.

Exposure to drafts or cold may affect one group of back muscles, setting off an attack of lumbago, but adjacent muscles are unaffected. Chiropractors explain this as being a weakness in the affected muscles caused by interference to the normal nerve supply and control.

Buttonville News

Neighbourhood Notes

Mr. and Mrs. Reg Crawford Jr. (Joy Fuller) has taken an apartment in Stouffville where they will make their first home. Sorry to learn that Gordon Brown had emergency surgery at the Scarborough General Hospital last week. Such an illness is no fun at any time, but with the school year on the upswing it is doubly serious.

Mr. and Mrs. H. R. Paterson were guests at a Unionville wedding last Saturday, when their nephew, Frank Roadway and his Australian fiancée were married. Elsie Hood's aunt, Mrs. Ann Savage, is in the Stouffville Nursing Home at present, and celebrated her 87th birthday on Sept. 6th. The neighbours send congratulations.

And speaking of the Hoods, Jim and Elsie's 11-year-old dog Sally presented them with a surprise package one day last week — three puppies. Mother and babies are fine, but the Hoods are still wondering what happened.

Mrs. Mabel Tibbles of Englehart has been a recent guest at the homes of her sisters-in-law — Mrs. A. W. Miller and Mrs. Walter Waterston.

The Gerber family spent an interesting few days at the New York World's Fair before school started.

Mrs. Clayton Jones held a picnic for pupils last week, but it rained and the action was indoors. There was bingo, a ball game and a musical quiz game won by Gary Copp. Prizes for good piano work through the year were awarded to Kathy Cox and Marlene Warnock, although Mrs. Jones said the choice was difficult to make. Present were Kathy Cox, David Hooper, Marlene Warnock, Brenda Wellman, Mark Terry, Gary Copp, Sharon Buchanan, Anita Orr, Patricia Orr, Cathy Sanderson, Gloria Lee, and guests Susan Tennyson, Brian Buchanan, Norma Cox, Gordon Hooper, Roger Warnock, Paul Wellman, Gordon Lee, and of course the Jones children, Alan, Gayle and Kenneth. It was the height of the corn season, and for lunch Mrs. Alan Orr provided enough chops to keep the whole party happy.

All Shenfield and his mother took a short holiday this week, with plans to visit Philadelphia, Penn. and points of interest in Virginia and Kentucky. Jim and Nancy Wolfe are presently on a trip to the west coast.

Brown's Corners U.C.W. Present \$500 Building Fund Gift.

Brown's Corners U.C.W. agreed at their first meeting of the fall season, to present \$500 to the Church Building Fund. This will reduce the debt on the recent addition to \$9,000. The women earned the money by catering for various functions in the community. Over the years they have contributed several thousand dollars in this fashion.

Mrs. Harold Steffler chaired last week's meeting, which was held in the Christian Education Room, and Mrs. Walter Craig showed a film strip on "Hinduism" from the Great Religions series.

Mr. S. J. English was back again as pianist, after her recent illness. She accompanied Mrs. A. W. Miller in two solos and also read two poems she had composed.

Mrs. James Rodick read the scripture and Mrs. Craig presented a devotional on the theme "Saints are the people the light shines through." Assisting were Mrs. Wm. Rodick, Miss E. Scott, Mrs. D. Hood, Mrs. J. Cook, Mrs. Reid, and Mrs. Fuller.

An executive meeting to plan the annual smorgasbord will be held Thursday, Sept. 16 at 2 p.m. at the home of Mrs. A. W. Miller. Members set a definite date for the Christmas bazaar — Nov. 27th.

The meeting concluded with a prayer by the president, and refreshments served by the hostesses, Mrs. James Rodick and Mrs. Craig.

YCHA Hostess Mrs. George Kelly

Buttonville branch, York Central Hospital Auxiliary members met for ten o'clock coffee at the home of the chairman, Mrs. Geo. Kelly, on Friday morning. It was the first time the group had been together since last June, and the enthusiasm augers well for the coming season. Seventeen were present. Treasurer Mrs. Douglas Hood, reported \$310 was forwarded to Auxiliary treasurer Mrs. Wm. Kedwell in

June (\$125) and July (\$185). \$34.49 was cleared from catering for the Markham Township Liberal Association banquet in June.

Mrs. Joe Robinson told the meeting that the Auxiliary will sponsor a ball, to be held at the Tam O Shanter Golf and Country Club on Dec. 4. Dress will be optional, and there will be a \$15 per couple price tag.

The fashion show which Buttonville members proposed for late September has been cancelled, and instead a euchre party will be held in November, with gifts and home baking to add interest.

Mrs. Robert Leitch demonstrated embroidery with paint, so that members may use some of this work in their gift-making projects. It was agreed that Mrs. Miller and Mrs. Reg Allen would look into this possibility.

Mrs. Kelly asks that anyone interested in joining the branch call her at 297-1887. The group assists the hospital through volunteer work, fund raising and good public relations, and finds its activities most rewarding.

BROUGHAM

Plans are under way for the History in Action Day scheduled for the Pickering Township Museum on September 18th.

The Women's Institute are planning a scenic bus trip to the Stoney Creek area on Wednesday, September 14th. There are still a number of seats available. For more information regarding the tour please contact Mrs. R. Harden or Mrs. George Gray.

Mr. and Mrs. Etherington of Waterloo spent the weekend with their daughter and family, Mr. and Mrs. Don Gibson.

Mr. Don Gibson spent last week in Vancouver and Western cities on a business trip.

Mr. and Mrs. Randall Ellicott welcomed home their first great grandson, last week. The proud parents are Mr. and Mrs. Keith Barton (nee Marian Ellicott) of Stouffville.

Mrs. Harold Barclay and Janice of Lindsay; Miss Linda Barclay of Toronto and Mrs. Lorrie Barclay of Stouffville called at the Earl Campbell home on Thursday.

Mr. Ross Campbell and family of Whitby visited with the Earl Campbell family on Saturday.

The first Boy Scout and Cub paper drive of the Brook Pickering Troop will be held on Saturday, September 11th. The group committee will meet at the home of Mr. and Mrs. Gordon Day on Sunday evening, September 12th at 7:30 p.m.

Troop leader, Ken Ramsey, with scouts, Barry Ramsey, Denis Campbell, Bruce Willson, Chris Coates, David Miller and John Annis joined other troops of the Owasco districts on a campout at Nobleton during the Labour Day weekend.

The afternoon group of the United Church Women will meet on Thursday afternoon, September 16th at the home of Mrs. H. Plaxton at 2 p.m.

Mrs. Maud Ellicott visited with her daughter, Mrs. Lord and family at their cottage near Gravenhurst.

Mr. and Mrs. Wallace Ellicott, Toronto, visited relatives in the village on Friday.

Bill Ellicott and John Harvey attended the races at Mosport on Saturday.

Mr. and Mrs. R. Robinson of Washington, D.C. and relatives visited with her sister and husband, Mr. and Mrs. D. A. Beer last week.

Don't forget the ball tournament in the park on Saturday, September 11th.

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LAFF OF THE WEEK



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BETHESDA

Mr. and Mrs. Ray Atkinson held a corn roast at their home on Friday night, with about 35 of the young people of the community present.

Mr. and Mrs. Bill Walls, Bobby, Brian and Susan had a week's holidays camping at Lighthouse Point, Georgian Bay, in Killbear Provincial Park, returning home last Friday.

Master David Hunt has had a very sore foot following a bicycle accident. We hope he will soon be feeling fine again.

The September meeting of the Bethesda United Church Women was held on Wednesday night, Sept. 1, at the home of Mrs. C. Pattenden. Miss Selená Alkin-

son gave reports on missions to the Northern Indians.

Mrs. McVie, Toronto was a visitor with Mr. and Mrs. Roy Smith last week.

Pupils of Bethesda School are being taken by bus to Vandoni School beginning Tuesday, Sept. 7.

All of our teachers are again returning to teaching with a few changes — Harry Hunt is now principal of Ballantrae School and Mrs. Harry Hunt goes to No. 7, Markham. Mrs. David Ferguson, Mrs. David Paisley and Louise Bolender return to North York. Mrs. Ray Atkinson to Stouffville, and Mr. and Mrs. J. Owen (nee Wanda Olszewski) who are now living at Claremont will both be teaching in Oshawa.

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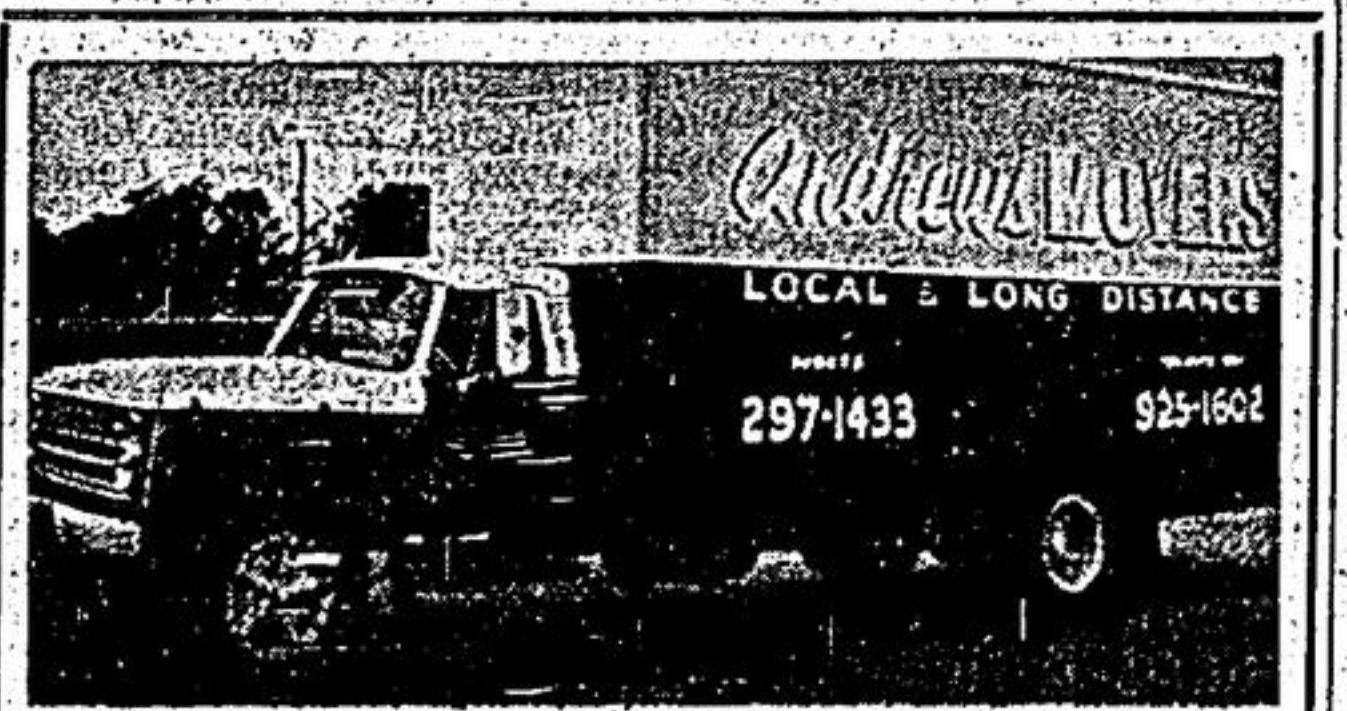
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