Chiropractic Viewpoint

LUMBAGO (Part 2)

Poor spinal mechanics have adverse effects on the vertebrae, discs, and supporting back muscles. A common structural fault is the vertebral subluxation or displacement involving spinal bones or their discs. These subluxations cause interference to emerging nerves, pain and loss of normal muscle and joint function and control. Irritated spinal nerves may complicate the lumbago picture by pro-ducing additional symptoms of sciatica, abdominal pain, neuritis, as well as numbness, tingling, and pain in the legs.

There is an underlying causative factor and spinal weakness when lumbago returns even at irregular intervals. Such recurring attacks are sometimes the only warning of some more serious condition. The chiropractor, as a spe-cialist in spinal mechanics, is competent and experienced in determining the cause of these disorders.

In spite of various claims, kidney conditions are an infrequent cause of lumbago. While relief from pain is welcome, the body's warning signal — pain — should-be heeded by locating and removing the cause. Liniment, plasters, and supportive belts often give temporary relief, but being palliative measures do not correct the cause.

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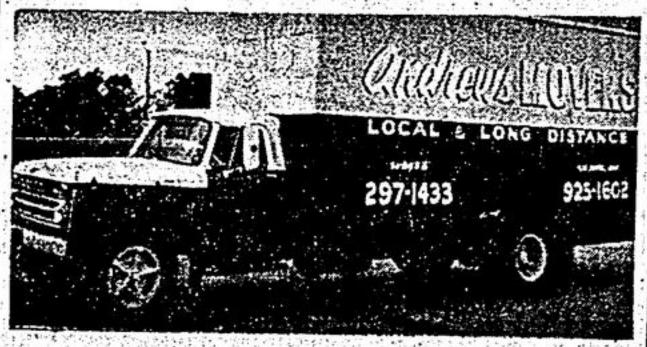
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Newsmen Make Trip to Inspect Douglas Point Nuclear Power Plant

Port Perry. Newmarket and in steam generators to produce Bolton made a press trip to steam from ordinary water to Douglas Point nuclear power turn the turbine.) trical energy, in mid 1966.

The newsmen from daily and weekly papers had an oppertunity to learn at first hand about Huron. They were able to compare this station with how Ontario Hydro's giant 1,080,000 kilowatt Pickering nuclear power station will be operated when it is built and goes into initial service in 1970.

The newsmen who made the trip to Douglas Point nuclear power station included Charles Nolan, Publisher of the Stouffville Tribune; William Murkar. Publisher of the Pickering News Gil Shepherd, Editor of the Newmarket Era and Express; Jack Gearin, News Editor of the Oshawa Times; Peter Hvidsten. Publisher of the Uxbridge Times Journal and of the Port Perry Star; and Werden Leavens, Editor and Publisher of the Bolton Enterprise and General

Newspaper Association. Great Public Interest station. More than 220,000 visi- Ontario Hydro's east system. tors have been to that project the new Pickering nuclear pow- and Port Elgin. er station because of its accessipolitan Toronto and Oshawa walls of concrete four feet proposition. But Ginny couldn't and is readily reached from #401 thick. The reactor (or calandria) rest until she had tried to make Highway and #2 Highway. On- within this building is a metal her old friend more comfortable

nuclear power station will have Ontario Hydro. amount of electrical energy that staff writer Norm Panzica. Douglas Point nuclear power station will deliver. Ontario Hydro also has under consideraation extending the Pickering Generating Station to four 540,-000 kilowatt generating units at the site just east of Frenchman's Bay on Lake Ontario.

Advanced Stage the Douglas Point nuclear pow- Sunday school at 11 o'clock. er station were well explained Mr. and Mrs. A. Symes and to his friends it read in part the fact that there will be simi- Wally Koster. Douglas Point nuclear power spent the week with her parplant and the Pickering nuclear ents, Mr. and Mrs. Campkin in week concerns the young fry: generating station. The former Toronto. newsmen an accurate concept of good health.

will function. power station, the reactor and Harbour. machines now being tested in Toronto for the past week. ating equipment have been in- from Scotland. stalled and are being tested. Peter Gibbins spent the week-(The coolant (heavy water) will end at Canadian Keswick with flow through the pressure tubes | the Youth Conference.

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DON REYNOLDS WORLD'S CHAMPION YODELLER

* DON WOODS AND THE WOODSMEN.

GORDIE TAPP

Newspapermen from Oshawa, which contain the reactor's fuel Pickering, Uxbridge, Stouffville, bundles, later giving up its heat

station, Canada's first major nu-clear electric plant, which is scheduled for full service, pro-stainless steel tank 26 feet long ducing 200,00 kilowatts of elec- and 17 feet wide, which will contain the heavy water moderator released when the reactor is shut down.

Most of the station's control the operation of this big nuclear | equipment has been installed, inelectric power plant on Lake cluding the digital computer. Douglas Point nuclear power station marks the first use in Canada of a computer in the control of an electric power generating station.

In the service building, the stainless steel lined spent fuel bay is complete. Spent fuel from the reactor will be stored under water in this bay which is big enough (25 feet by 64 feet by 25 feet deep) to contain all the fuel used by the reactor in its

When Douglas Point nuclear power station goes into operation, it will have cost \$\$1.5 million and over 600 Canadian companies will have participated in this project.

Co-Operating In Building Douglas Point nuclear power Manager of the Ontario Weekly station is being built by Atomic Energy of Canada Limited in copoperation with Ontairo Hydro. by a person — it was a head-Public interest has been ex- The entire output of 200,000 kilo- liner made by a horse. Benjie, Villager . . . they did not lose tremely high concerning the watts from one unit at the sta- thirty-one year old faithful, the first one. Sorry. At the Douglas Point nuclear power | tion will be transmitted into

The site of the plant is on site since June 1961. It is anti- some 2,300 acres of land on the cipated that even greater inter- shores of Lake Huron at Doug- Benjie developed a lump in his est will be shown by visitors in las Point between Kincardine neck and finally an accompany-

The reactor building, which is Guelph was the only possible ham All Stars was certinly one bility. Pickering Generating Sta- a familiar landmark on the lake cure and even that, at Benjie's tion project site is near Metro- shore, is 135 feet tall, with age (born 1934) was an iffish tario Hydro is planning now to tank twenty feet in diameter and pennies were piled away make visitors' facilities avail- and 161/2 feet long. The fuel that from the first minute she startable at Pickering Generating will be used in the reactor is ed work this summer. Nearly natural uranium and the initial seven weeks ago Benjie set out The newsmen who visited charge will amount to 66 tons.

station were interested in learn- plant will number some 91 per- more serious than expected. ing that each of the turbine sons. The Douglas Point nuclear Then Benjie caught a virus and generating units at Pickering power plant will be operated by

of electrical energy of that of on the tour to Douglas Point nu- through like an old trooper. the Douglas Point generating clear power station by Ontario When Ginny was satisfied last station. The Pickering power Hydro Public Relations Officers week that the prankster in the plant will produce in the first John Davies and Charles Mac- field was Benjie good as new, phase over five times the Intosh accompanied by Hydro she took off for her second love

(Thursday, Sept. 9)

of Mrs. L. Collins on Tuesday, opportunity and with his death Sept. 14 at 8 p.m. Church serv- the world has lost a valuable The ultra modern features of ice, Sunday a.m. at 10 o'clock, humanitarian. When the tele-

to the newsmen by the station family of Montreal were weekguide. They were interested in end guests with Mr. and Mrs. in peace and dignity." A well larity in the operation of the Mrs. M. Turner and family

now is in a very advanced stage We welcome Mr. and Mrs. only fish on the Ritchie's fishof construction, while actual Ertl and family who have mov- ing trip last week . . . and building of the Pickering nu- ed into the former Burnett with the old bent pin and bam-

clear power plant has not yet home.

Started. So the visit to Douglas We are sorry to report Mr. Ritchie has taken over the Point nuclear station gave the Matt. Kerr is not enjoying very paper route. Robbie and Peter

how the Pickering power plant Mr. and Mrs. Henry Naula attending hockey school at Tam and family spent the holiday O'Shanter but not Ricky Lapp. At Douglas Point nuclear weekend at a resort at Honey

Toronto prior to delivery. Cool- Mrs. A. Pugh had her brother Tuesday, however. Paul Reesor ant assemblies and steam gener- and a nephew visiting with her accompanied his grandfather to

HALF-PAST TEEN



CEDAR GROVE

(Thursday, Sept. 9)

The biggest news in Cedar Grove this week was not made fact was that Cedar Grove boys PAUL W. J. MINGAY, B.A. owned and loved by Ginny Dare is reported frisky as a colt after a five-year sojourn at Guelph. Some time ago ing cough. An operation at for Guelph. First it was dis-Douglas Point nuclear power The staff who will run the covered the operation was all was delayed for two weeks more than 2½ times the output The newsmen were conducted operated and Benjie came until he recovered. Finally they . . Montreal, home of the Canadiens.

> Very few men either get or take the opportunity to contribute to the well-being of their fellows for ninety years. Albert U.C.W. will meet at the home Schweitzer made his own gram was sent out from Africa

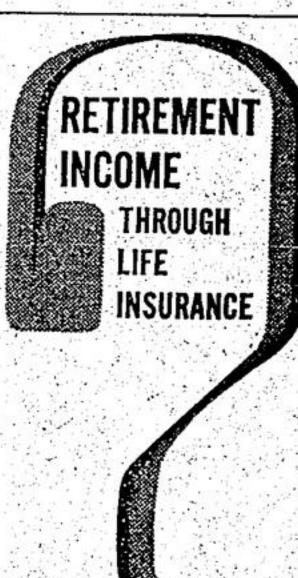
... "He goes quietly and soon earned reward for a great man.

Most of the people-news this Catherine Ritchie caught the McCowan and Bobby Dean are Ricky had a nasty accident at the baseball Bar-B-Q last Friall major equipment have been Mrs. J. Gibbins was with her day night that required 12 installed, except for the fuelling daughter, Mrs. Henry Steele in stitches in his leg. He will be able to walk for school on Milton on Monday for the big steam engine show. School started on Tuesday for most students (if they figured out that complicated bus schedule ... some kids take 3 buses) but Doug Lapp begins at Crescent School on Wednesday. Susan Ryan is off to Ryerson to take Interior Decoration and Lola Reesor begins U of T this

> Apologies to Gary Dare and Wade Williams for the name botches in last week's paper. No-one ever knows how these

However, as far as the ball game error was conerned the entire blame lies with your unknowledgeable reporter. The exhibition game on Friday night Cedar Grove boys team beat the girl team 14-7. At a Bar-B-Q after the game at the Walton's the boys received their crests. The game between of the most exciting games of the season. Our girls won 23-22 thanks to a beautiful catch by P.O. Box 820 Phone 640-2211 Judy Cornelius, the heroine of the evening. After the game the girls received their crests and are now champions of Markham Girls Softball, Marg Walton deserves the praise for coaching this team all summer, assisted by Joyce Lapp. On August 15, Saturday, C.G. girls team met Agincourt Girls Juvenile team and were defeated 15-2. There will be a return' game but no date yet. It has been a good year in baseball for our players and our thanks to Markham Softball for inviting us to join and to all the men who helped so much in Markham.

things mix up the way they do.





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