

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 producing 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 specialist 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. Lumbago, plaster, and supportive belts often give temporary relief, but being palliative measures do not correct the cause.

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Newsmen Make Trip to Inspect Douglas Point Nuclear Power Plant

Newspapermen from Oshawa, Pickering, Uxbridge, Stouffville, Port Perry, Newmarket, and Bolton made a press trip to Douglas Point nuclear power station, Canada's first major nuclear electric plant, which is scheduled for full service, producing 200,000 kilowatts of electrical energy, in mid 1966.

The newsmen from daily and weekly papers had an opportunity to learn at first hand about the operation of this big nuclear electric power plant on Lake Huron. They were able to compare this station with how Ontario Hydro's plant 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 Markham, 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 Manager of the Ontario Weekly Newspaper Association.

Great Public Interest Public interest has been extremely high concerning the Douglas Point nuclear power station. More than 220,000 visitors have been to that project site since June 1961. It is anticipated that even greater interest will be shown by visitors in the new Pickering nuclear power station because of its accessibility. Pickering Generating Station project site is near Metropolitan Toronto and Oshawa and is readily reached from #401 Highway and #2 Highway. Ontario Hydro is planning now to make visitors' facilities available at Pickering Generating Station.

The newsmen who visited Douglas Point nuclear power station were interested in learning that each of the turbine-generating units at Pickering nuclear power station will have more than 2½ times the output of electrical energy of that of the Douglas Point generating station. The Pickering power plant will produce in the first phase over five times the amount of electrical energy that Douglas Point nuclear power station will deliver. Ontario Hydro also has under consideration 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 ultra modern features of the Douglas Point nuclear power station were well explained to the newsmen by the station guide. They were interested in the fact that there will be similarity in the operation of the Douglas Point nuclear power plant and the Pickering nuclear generating station. The former now is in a very advanced stage of construction while actual building of the Pickering nuclear power plant has not yet started. So the visit to Douglas Point nuclear station gave the newsmen an accurate concept of how the Pickering power plant will function.

At Douglas Point nuclear power station, the reactor and all major equipment have been installed, except for the fuelling machines now being tested in Toronto prior to delivery. Coolant assemblies and steam generating equipment have been installed and are being tested. (The coolant (heavy water) will flow through the pressure tubes

which contain the reactor's fuel bundles, later giving up its heat in steam generators to produce steam from ordinary water to turn the turbine.)

Beneath the reactor vessel is the dump tank, a rectangular stainless steel tank 26 feet long and 17 feet wide, which will contain the heavy water moderator released when the reactor is shut down.

Most of the station's control equipment has been installed, including 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 lifetime.

When Douglas Point nuclear power station goes into operation, it will have cost \$81.5 million and over 600 Canadian companies will have participated in this project.

Co-Operating In Building Douglas Point nuclear power station is being built by Atomic Energy of Canada Limited in co-operation with Ontario Hydro. The entire output of 200,000 kilowatts from one unit at the station will be transmitted into Ontario Hydro's east system.

The site of the plant is on some 2,300 acres of land on the shores of Lake Huron at Douglas Point between Kincardine and Port Elgin.

The reactor building, which is a familiar landmark on the lake shore, is 135 feet tall, with walls of concrete four feet thick. The reactor (or calandria) within this building is a metal tank twenty feet in diameter and 16½ feet long. The fuel that will be used in the reactor is natural uranium and the initial charge will amount to 68 tons.

The staff who will run the plant will number some 91 persons. The Douglas Point nuclear power plant will be operated by Ontario Hydro.

The newsmen were conducted on the tour to Douglas Point nuclear power station by Ontario Hydro Public Relations Officers John Davies and Charles MacIntosh accompanied by Hydro staff writer Norm Panzica.

LEMONVILLE

(Thursday, Sept. 9)

U.C.W. will meet at the home of Mrs. L. Collins on Tuesday, Sept. 14 at 8 p.m. Church service, Sunday a.m. at 10 o'clock, Sunday school at 11 o'clock.

Mr. and Mrs. A. Smyes and family of Montreal were weekend guests with Mr. and Mrs. Wally Koster.

Mrs. M. Turner and family spent the week with her parents, Mr. and Mrs. Campkin in Toronto.

We welcome Mr. and Mrs. Ertl and family who have moved into the former Burnett home.

We are sorry to report Mr. Matt Kerr is not enjoying very good health.

Mr. and Mrs. Henry Nault and family spent the holiday weekend at a resort at Honey Harbour.

Mrs. J. Gibbins was with her daughter, Mrs. Henry Steele in Toronto for the past week.

Mrs. A. Pugh and her brother and a nephew visiting with her from Scotland.

Peter Gibbins spent the weekend at Canadian Keswick with the Youth Conference.

HALF-PAST TEEN



CEDAR GROVE

(Thursday, Sept. 9)

The biggest news in Cedar Grove this week was not made by a person — it was a headliner made by a horse, Benjie, thirty-one year old, faithful, owned and loved by Ginny Dare is reported frisky as a colt after a five-year sojourn at Guelph. Some time ago Benjie developed a lump in his neck and finally an accompanying cough. An operation at Guelph was the only possible cure and even that, at Benjie's age (born 1934) was an iffy proposition. But Ginny couldn't rest until she had tried to make her old friend more comfortable and pennies were piled away from the first minute she started work this summer. Nearly seven weeks ago Benjie set out for Guelph. First it was discovered the operation was more serious than expected. Then Benjie caught a virus and all was done quietly. Finally the operation and Benjie came through like an old trooper. When Ginny was satisfied last week that the prankster in the field was Benjie good as new, she took off for her second love ... Montreal, home of the Canadians.

Very few men either get or take the opportunity to contribute to the well-being of their fellows for ninety years. Albert Schweitzer made his own opportunity and with his death the world has lost a valuable humanitarian. When the telegram was sent out from Africa to his friends it read in part "He goes quietly and soon in peace and dignity." A well earned reward for a great man.

Most of the people-news this week concerns the young fry: Catherine Ritchie caught the only fish on the Ritchie's fishing trip last week ... and with the old beat pin and bantam Ritchie has taken over the paper route. Robbie and Peter McCowan and Bobby Dean are attending hockey school at Tam O'Shanter but not Ricky Lapp. Ricky had a nasty accident at the baseball Bar-B-Q last Friday night that required 12 stitches in his leg. He will be able to walk for school on Tuesday, however. Paul Reesor accompanied his grandfather to 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 fall.

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

things mix up the way they do. However, as far as the ball game error was concerned the entire blame lies with your unknowledgeable reporter. The fact was that Cedar Grove boys won the first two games with Villager ... they did not lose the first one. Sorry. At 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 Cedar Grove girls and Markham All Stars was certainly one of the most exciting games of the season. Our girls won 23-22 thanks to a beautiful catch by 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. Or, 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.

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