

Victoria Beach Herald Sponsored by the Victoria Beach Club



Victoria Beach CLUB

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ABDOL STEWART
327-5th Ave.

SPORTS DAY — Sat., July 11, 10:00 A.M. at Sports Ground
ADULT DANCE — Sat., July 11, 9:00 P.M. at Clubhouse



Mike Ladewyck of 5 Pine Road says that this isn't the biggest fish he's caught this year, but it was the first this day. He seems pleased.

BEACH EVENTS — Sat., July 18, 10:30 A.M. at Patricia Beach
DUPLICATE BRIDGE — Sat., July 18, 7:00 P.M. at Clubhouse

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Fishing Derby

Seventy-three of Victoria Beach's finest enthusiasts were on the dock last Saturday morning waiting their lines and asking their parents: "Are there really fish in this lake?"

Fishing was a little slower this year but the winners caught some real beauties.

The biggest winner of the day was Danny Birley of 402 7th, who, at 3 years of age, won the ribbon for the "Biggest fish caught by the little fisherman" — a 2 1/2 lb. Sun Bass.

The "Biggest fish" was caught by Scott Rayner, of 6th & Alexander, with a beautiful Sun Bass.

Scott Johnson, of 12 1/2 Bayview, won for most fish caught.

Lori Korolyk was another big winner with a ribbon for "Biggest, ugliest fish", and also won the "Biggest Perch" ribbon. Lori was a close second with her big Sun Bass.

Other participants in this year's derby were: Uri Manchenko, Scott Munro, Jamie Friesen, Amy Cameron, Kevin Johnson, Tom Aldridge, David Block, Fraser Wiswell, Kristy Fraser, Matthew Mills, Steven Alkier, Derek Russell, Darcy Lee, Jason Gromek, Ella Munro, Tracey Johnson, Gavin Cameron, Aaron Schott, Adam Hansen, Kimberly Wiswell, Aliana Cameron, Lori Korolyk, Chris Alkier, Matthew Atkins, Andrew Rayner, Laura Friesen, Michael Legge, Trevor Johnson, Paul Wattis, Richard Wiens, Janine Hanson, Curtis Fraser, Jodi Korolyk, Cheryl Janzen, Jamie Rochie, Murray Cundall, Sam Atkin, Steven Boyd, Reed Sloan, Brad Dnes, Craig Penston, Ashley Thorvaldson, Stacey Low, Maria Barcellona, Jennifer Lykke, Paul Lodewyck, Kim Palmquist, Erin Palmquist, Steven Russell, Alan Loch, Tyler Sloan, Dan Dnes, Brian Selles, Brock Thorvaldson, Megan Muirhead, Mary Birley, Kimberley Williams, Michael Lodewyck, Wendy Palmquist, Chris Lykken, Jennifer Penston, Kyle Radtke, Jeff Penston, Kevin Storry, Kurt Low, Mark Atkins, Danny Birley, Johnathan Williams, Stephanie Brown, Trevor Palmquist.

GARTH BELL

July Adult Dance

The Adult Dance will be held July 11th at the Clubhouse, featuring Carmen LaRosa and his band, who have just participated in the successful Shaking All Over concert at the Convention Centre on June 28th.

Tickets are available for advance sale at 217-4th, 427-6th, and the V.B. Bakery. Cost is \$7.00. Please note that the Liquor Commission has set the Clubhouse capacity at 250 and therefore only that number of tickets will be sold — so get your tickets early!

Beach Events... Beach Events

This year beach events will be held Saturday, July 18th at Patricia Beach. Events for children 10 and under include: Sun Tan, Freckles, Deepset Hole and Sand Castle. For boys and girls 11-15 there will be a Giant Castle Building contest. This event will last all morning. Work alone or in groups and see what fantastic castles can be made.

We would like to remind everyone that for the 10 and unders, only basic shovels and pails are allowed for castles, no pre-prepared materials, and that this event is for the children.

Ribbons and ice cream for everyone!

If it rains Saturday, the beach events will be moved to Sunday the 19th. Looking forward to a sunny day and to seeing all of you on the beach.

NEIL AND JANE CARROLL,
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Bridge

By the time you read this, we will have had our first evening of Bridge for the new season. It is nice to welcome back our enthusiasts from past seasons and we hope to make some new friends over the next few weeks.

The place is the Clubhouse and the time is Mondays at 8:00 P.M. It still costs only 25 cents for members, 50 cents for non-members. Coffee is 25 cents.

For those who have been waiting with bated breath since last season — High Scores on August 25th/86 were: 1st Leny Vroom with 4880, and Elsie Dewar with 4860 was runner up.

See you Monday at 8.

GLADYS MILDREND

Beach People

Debrah Davis and daughter Jessica of Ottawa are here to visit at the Davis family cottage at 321-7th.

 Congratulations to Karen Cyr — last year's V.B. Recreation Assistant! Karen recently graduated from Grade XII, Warren Collegiate, and was the recipient of the 1000 Point Award, the Division Proficiency Medal and the Interlake Teacher's Association Scholarship. Karen will be spending most of the summer studying French at Jonquiere College in Quebec. On her return she is looking forward to a short holiday at Victoria Beach at her grandparents' cottage before commencing studies in Physical Education at the University of Manitoba.

Her proud grandparents are Eric and Miriam Bergman — 211-4th Avenue.

 John Skoog of Phoenix, Arizona along with his daughter Amy were visiting his sister and brother-in-law Carol and Frank Rinella at 215-4th. John was here to attend the Kelvin Reminiu — Class of 60, Willie at V.B. they took part in Mansfields, 318-4th, July 1st Canada Day Celebrations with Leone & Bob Mansfield, Betty & Allan Doek, Doreen & Bill Langdon, Laurel Mansfield and her friend Jeff Greenberg, Carol & Frank Rinella & John. The events included lawn darts, egg toss, estimated run time. Golf was called because of rain. After dinner the teams played Super Quiz. Buttons and ribbons were presented in each event. The overall winners were the team of Leone Mansfield and Bill Langdon.

Around the Tennis Courts

Thanks to Ken Bowman's pre-season efforts, all six courts were in play when some of us arrived with our rakes and hammers for the annual work party. A recent attempted break-in to our storage shed was unsuccessful. Jim Boyda, our previous convener, came out to repair and strengthen the door. Thank you for your continual help, Jim.

Our enthusiastic young court attendants this year are Kelly McCaig for the season, Glen Gervais for the first three weeks and Ted Lawler for the last three. Please co-operate with the boys by taking your membership card to the courts. They will give you our 1987 purple tee tag.

The Recreation Director will be giving the tennis lessons. Children's are Thursdays 10:30 to 12:00. For the adults, Derick has introduced the idea of alternating golf and tennis Tuesdays 11:00 to 12:00 and will have lessons and/or a round robin or mini-tournament Fridays at 10:30. Come out and play with someone new! Further notices will be in the *Herald* or at the courts.

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MEMBERSHIPS	Seasonal	Monthly	Two Weeks
Senior Citizens, 65 and over	\$ 20.00	\$30.00	\$5.00
Family, Couple Adult	120.00	80.00	55.00
Single Adult	75.00	55.00	42.00
Junior, 13 to 17	45.00	32.50	25.00
Child, 12 and under	35.00	25.00	20.00
2 or more children (12 & under) same family	70.00	50.00	40.00

GREEN FEES —	Week days	2nd 9 holes <th>1-25</th>	1-25
— 2nd 9 holes			2.50
— Senior, per round			3.00
Weekends & Holidays	1st 9 holes		4.75
	2nd 9 holes		2.75

LOCKERS — Seasonal	Monthly
Lock bins	Lower, open
Lower, open	Upper, open
Upper, open	Daily

Children under 13 years may not tee-off Saturday or Sunday until after 10:00 a.m. with an adult.

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A few spelling and/or typing errors were made in last week's issue of the *Herald*. I apologize to the following for the incorrect spelling of their names: Jona Aldridge, Rick Bendor-Samuel and Richard Vadeboncoeur. Sorry about that!

The Hobie Cat Prairie Regionals were held on June 27 and 28 at Clear Lake. A total of 80 boats participated in this regatta, including a couple from Victoria Beach. Needless to say, our representatives made a good showing. Jeff Hughes and Rob Blanchard placed 1st overall in the Hobie 16 class, while Ron Ritsema placed 1st overall in the Hobie 17 class. Well done, guys!

The results of the "Redeye" Regatta are finally in. First place in the Mono-Hull Division went to Dave Price and Garth Dyck, sailing a Laser II, with Greg Thomas close behind in a Laser. First place in the Multi-Hull Division went to Tam Scott Sr. and Fred Johnson, sailing a Hobie 18, while Paul Nagle was runner-up on his Hobie 17 catamaran. Paul's efforts to "bump" the Scott boat out of 1st place were to no avail.

A Learn-to-Race Day will be held on Aug. 2. Beginners will have the opportunity to sail with a veteran under actual racing conditions. A sign-in sheet will be posted at the Yacht Club. Interested parties should sign in by the last weekend in July.

As in the past, the Victoria Beach Yacht Club sailors will be offering sailboat rides. This year, however, the program has been extended to include every Sunday throughout July and August. A sign-in sheet will be posted at the Yacht Club and interested persons should sign-in by the Saturday of the weekend on which they would like a ride. This offering is subject to weather conditions, as safety is the first consideration.

A Beard Sailing Seminar, conducted by Rick Campbell, will be held on Saturday, July 11 and Saturday, July 18. These seminars are free, and should be valuable to experienced as well as beginner board-sailors. These seminars will be conducted after the morning races, at approximately 12:00 noon. All welcome — no registration necessary.

There are still spots available for the Mobile Sailing School, held during the week of July 13-17. Interested parties should contact Chris Aldridge at 35 Gibson Drive (PH. 754-8292) as soon as possible.

Just a reminder for those of you who have up and coming young sailors between the ages of 8 and 11; the Mobile Optimist Dingy School will be visiting Victoria Beach on July 25 and 26. This program offers well-supervised sailing instruction, on craft small enough for these children to handle. The Optimist dingy (8 feet long) is an extremely seaworthy sailboat.

As a final note to this week's news, Peter Duke and Harry Wall locked horns at the starting line of last Sunday's race. Unfortunately, Peter's boat came away with a considerable amount of damage. We hope you will not be out of commission for too long, Peter.

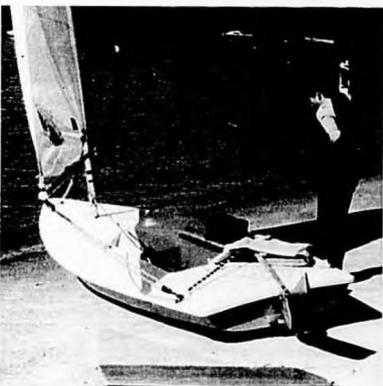
Club Memberships

The two-weekend membership blitz was highly successful, and a much deserved thank you is extended to the many volunteers who made this possible.

For those still seeking memberships, these are available at three locations — at the Library, Golf Course, and at 210-6th Avenue. For those who have mailed in the membership fees, your cards and events programs are available from Kath Brydon, at 210-6th.

Sailing Safety

Race Co-Chairman Paul Nagle confers with crash boat operator Jack Olafson prior to a day's racing. Races are started and monitored from the pier by a timing crew who are in radio contact with the crash boat.



Jona Aldridge slips into her wet-suit, protection against a possible spill in the yet cool lake. Jona, sailing a Laser, was the only female competitor in the first weekend of regular racing.

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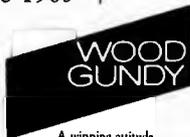
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Victoria Beach First Responders

Since the beginning of May this year Victoria Beach residents have enjoyed the protection of Manitoba's only emergency first response team.

The concept is to stabilize medical or accident victims prior to the arrival of an ambulance from Pine Falls, taking fullest advantage of the "Golden Hour", the period at the onset of an emergency before deep shock sets in. Victims not effectively treated prior to hospitalization can die, not from their initial condition, but from the effects of trauma. The First Responders are professionally trained in these skills which offset the trauma of severe injury. It is impossible to respond to a situation, call the volunteer ambulance service in Pine Falls, and have a patient hospitalized there within one hour.

The manager of the Pine Falls Ambulance Service spoke of his need to Robert Jonsson, Victoria Beach's Police and Fire Chief, and the plan was initiated. Seven local residents began a 106 hour course through the Manitoba Health Services Commission covering basic life support, wounds and fractures, medical, environmental and psychological emergencies, stabilization and transfer, and emergency obstetrics. Licensing as First Responders, first level paramedics, followed an all-day written and practical examination.

Team members are:

Shari Ateah	Sandra Ateah	Perry David
Doris Stucky	Owen Griffith	
Reg Thomas	Herb Harbour	

The need for such a service was emphasized following a serious highway accident May 3rd at the intersection of Highway 59 and Albert Beach Road, which the Responders attended the day following their licensing. Since then they have attended an ATC accident, a broken shoulder, a heart attack, and many minor calls. When an emergency call is received by the Pine Falls Hospital from anywhere within their area of responsibility, Herb Harbour is contacted. As manager of Len's Fine Fare at Albert Beach, he is almost always available, or a substitute has been named. Herb phones team members able to respond, and they go into action.

The Victoria Beach First Responders, their officially adopted name, is a non-profit organization. Its members volunteer their time for emergency calls as well as constant training practice and upgrading, and they provide their own vehicles and gasoline.

The team's emergency equipment, stored at the Victoria Beach Fire Hall, is up to date and impressive. It includes:

Scoop Stretcher
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Blankets and Pillows

The current AIDS threat necessitates the use of rubber hospital gowns and disposable oxygen and resuscitation masks to protect both victims and rescuers.

The above equipment was financed by the Municipality through its Fire Department budget, totalling approximately \$4,000, but the costs of operating, training, and equipment are ongoing. Initial training costs were \$1,276 and re-testing is required every two years. The Responders hope also to upgrade their paramedic level. Public support would not be refused. Needed particularly is a van or station wagon which could be on standby at the Fire Hall so equipment need not be loaded into private vehicles for each call, and 2-way radio equipment.

Do Beach residents, summer and permanent, want this service? Considering the number of calls already made, I feel that we are all very fortunate to have professionals nearby who are willing to donate their time and efforts for our well-being.

IN A MEDICAL EMERGENCY — PHONE:

Dr. Neal (July and August) 754-2247
Pine Falls Hospital (Ambulance) 367-2230

RON PRATT

MISSING from 145 Victoria Boulevard — June 22 between 12 noon and 1 P.M. — old blue metal wagon — rusted on inside. Possibly mistaken for garbage, but truly essential to operation of this address. Please return. Reward: Q. Fast 754-2620 or Winnipeg 284-5632.

Does your tennis racket need stringing? Call Geoff Kirbyson 754-2879 V.I., 474-1679 Wpg. String supplied.

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Remembering

My Nana passed away this winter in her 87th year. Her name was Ollie Bannatyne, previously Ollie Grout and she was one of the cottage-pioneers of Albert Beach.

She and her husband Vernon Grout spent a few summers renting cottages at Hillside and Victoria Beaches. One day, in 1930, while exploring along the beach, they found their summer paradise. They purchased a lake front lot for \$200.00 and her sister Ruth and husband Alf Warner bought the lot next to them. So began a family tradition of Albert Beach devotion.

Soon the cottages were up, fir and fruit trees planted, flower gardens cascaded across the yard and vegetables were enjoyed from the garden. Remember, there was no electricity or running water so clothes were washed on a scrub board and all cooking was done on a wood stove. Food was stored in a cooler, which consisted of a tin box lowered into a hole in the ground, inside a shed. A weekly hike to Victoria Beach brought them fresh bread from the bakery. They got their milk from Martin's Farm and bought the fish from local fishermen. Commuting from the city was by train as roads were inadequate.

In spite of the difficulties and hardships during this time, my Nana still managed to instill a love and appreciation for the chance to be so close to nature on my Dad and his sister. Through them, that has been passed on to us, her grandchildren. Spending all our summers at Albert Beach has given us memories and experiences we will treasure forever. This keeps us coming back, summer after summer.

Nana is gone now, but all that she taught us and all that she loved will live on. Thank you Nana, for showing us how to respect and love nature, and to appreciate the way of life at Albert Beach.

JUDI PETERNAK
June 22, 1987

Ladies' Fun Golf Tournament

Save Wednesday, July 22 for the Ladies' Golf Tournament. Advance registration only and must be accompanied by registration fee of \$3.00. Sign up at the Golf Clubhouse by Monday, July 20 so teams can be assigned. All levels of players are welcome. Prizes will be awarded for skill and for fun events. Start practicing for a day you won't want to miss. Last year's winner of the first fight was Guen Rennie.

THE GOLF COMMITTEE



1987 Advertising Rates, V.B. Herald

1/16 page — \$12.00 per issue
1/8 page — \$19.00 per issue
1/4 page — \$28.00 per issue
1/2 page — \$60.00 for 1 issue or \$50.00 for each of 9 issues
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Please address all inquiries to Mrs. Arroll Stewart, Advertising Manager, 327-5th Avenue, Victoria Beach. Please note all ads must be prepaid and must be delivered to the above address by 4 p.m. — Sunday for inclusion in the following Friday's edition.

Victoria Beach Library

Once again we're open for your summer reading enjoyment! We have a large and varied adult and children's section. We have worked, this winter, on improving the selection for those 10-14 years. Come in and if we don't have your favourite book, please add it to our suggestion list!

The library will be open 11-12 noon Monday to Friday and from 7-8 p.m. Monday to Thursday. Please bring your club membership when borrowing books. The lending period is two weeks and the rates are as last year: 25¢/child's; 50¢/adult. Upon return 10¢/child's is refunded and 25¢/adult book is refunded. This system is how we raise funds to buy new books and repair the old.

Throughout the summer we hope to hold a children's story time; a jollybean emcee contest; a comic swap and possibly story-writing contests. We hope everyone, young and old will pay us a visit. Andrea Boyd, our terrific assistant, is back with us and anxious to sign out your books!

The only negative note we can sound is that we have 66 outstanding books. At an average of \$4.00/book, this is a \$264.00 loss to your library. Please look through your cottage for any books. We have a list at the library if you are unsure.

A special thanks to the Edwards family for their generous donation of books and to an anonymous donor who left a great assortment for us last week.

We can always use MAD, CRACKED, OWL & CHICADEE, etc. magazines for our young readers.

NANCY HODGSON
PAM HOLTON

Picking Up

A number of people have commented on the size of the equipment used to pick up the leaf and brush piles from the sides of the roadways this past week. The over-sized scoopmobile evidently experienced some difficulty in manoeuvring, flattening surrounding brush, gashing large trees, and removing a yard of earth from under each pile. One recommendation was that the brush piles didn't look as bad.

In Memorium

DAVIS — In loving memory of W. H. (Bill) Davis who left us suddenly July 17, 1968.

To love a Dad and then to part
Is the greatest trial to the human heart.
Years of striving, little time to play,
Loving, giving the whole of the way.
A cherish smile, a heart of gold,
To the dearest Dad the world could hold,
Happy memories, fond and true.

Lovingly remembered by his wife Fran and family of 321-7th Avenue, Victoria.

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SUMMER COMMUNITY CHURCH SERVICES

11:00 a.m. Sunday

July 12 — Major Earl Robinson (S.A.)

Touche Ross

CHARTERED ACCOUNTANTS/MANAGEMENT CONSULTANTS

OFFICES THROUGHOUT CANADA AND AROUND THE WORLD

A POWERFUL ALLY

Aunt Vickie's Recipe Corner

1 cup sour cream
1 cup Miracle Whip
1 tsp. onion flakes
1 tsp. dill weed
1 tsp. parsley flakes
dash of lemon pepper

Chill and serve with fresh vegetables or chips.

Vegete Dip

1 - 7.5 oz. tin of salmon
1 - 8 oz. container cream cheese
1 tsp. horse radish
1 tsp. lemon juice
2 tsp. finely minced onion

Drain and mash the salmon. Mix all together and chill. Form into a ball and roll in finely crushed nuts or slivered almonds. Serve with fancy crackers.

JOYCE AVERY

CHEESE BALL

1 - 7.5 oz. tin of salmon
1 - 8 oz. container cream cheese
1 tsp. horse radish
1 tsp. lemon juice
2 tsp. finely minced onion

Drain and mash the salmon. Mix all together and chill. Form into a ball and roll in finely crushed nuts or slivered almonds. Serve with fancy crackers.

ANN PRATT

Thank you, Ladies, from Aunt Vickie, who would also like to apologize for an error last week in the Five Hour Siew recipe. Too much soup! One ingredient should have read "1 medium can of PEAS with Juice." Happy entertaining!

The New Approaches to Back Pain

Putting out the garbage or even dusting furniture — simple tasks that most people take for granted — can be agonizing for Elaine Drew. The 38-year-old Toronto housewife was in a car accident in 1968 and, although she did not sustain any major injuries, she regularly suffers severe back pains, confining her to bed for several days at a time. As well, the trials of labor were short compared to the sustained back pain she endured both during and after her two pregnancies. Then, when she learned last month that a friend had died, Drew suffered her worst attack ever and she spent a week in bed with shooting pains in her back and legs. Said Drew: "It was the most painful thing I had ever experienced. It was excruciating — I was flat out."

At some point in their lives, eight out of 10 Canadians suffer at least one spell of back pain that incapacitates them for a week or more. For most, the agony is short-lived. But backache is a leading cause of worker absenteeism and a major drain on health insurance and workers' compensation plans. Last year back problems accounted for one-quarter of all compensation claims in Canada. In Ontario alone the Workers' Compensation Board awarded \$336 million in 1983 in compensation and medical payments for back injuries sustained in the workplace, and the province's workers lost about 2.8 billion days on the job due to back injuries.

The near-inevitability of backache ensures steady employment for an army of specialists, which maintains a long tradition of often acrimonious disagreement about both its causes and the best way to alleviate it. But significant advances in diagnostics and a growing understanding of how the mind and the body can conspire to torment backache sufferers have opened new avenues of relief. Said Dr. Stanley Gertzbein, a consulting orthopedic surgeon at Toronto's Sunnybrook Medical Centre: "As we understand more, we are all better able to educate our patients about what has happened to them. That alone can make a dramatic difference."

Back pain usually afflicts men in their early 30s and women a few years later. But it can strike anyone at any time. Currently, specialists agree that a sedentary lifestyle and an unfit body are most likely to lead to back pain. Said Maureen Hunt, a physiotherapist and program director at the Canadian Back Institute in Toronto, a private clinic which specializes in the management of spinal disorders: "I used to refer to the problem as homo sapiens distress because it really began when man first stood upright. But now I think that it is more a case of homo sedentarius."

Indeed, the incidence of back pain is closely tied to the rise of desk-bound or routine jobs, although the recent fitness boom has shown that overly vigorous exercise can also cause it. But the agony often strikes for no obvious reason. And when it does, the severity of the pain usually does not indicate an equally serious problem. Despite such possibilities as rheumatoid arthritis and spinal tumors, the causes of even the most severe backaches are usually much less threatening.

Specialists estimate that 80 per cent of lower back pain victims suffer from one or more of three identifiable syndromes. The pain usually strikes the lower back, which supports the most weight. Facet-jointed degeneration, the first syndrome, occurs when one of the leathery oval discs that cushion the vertebrae, usually as the result of aging, lose some of their moisture and shrink. With age, this natural drying-out process actually stabilizes the spine and reduces back pain. But it can also cause one or more facets — the bony spurs that link vertebrae — to become misaligned. That can create additional stress on joints, which can cause pinched nerves, muscle spasm and excruciating pain.

A second syndrome is the familiar but misnamed "slipped disc." That occurs when a disc ruptures as a result of age or injury, causing its jelly-like interior to bulge or even to break through the ligaments that surround it, sometimes putting pressure on sensitive spinal nerves. More commonly, the same pressure occurs when worn and dried-out discs flatten and push out beyond the spine, causing the third type of backache, the pinched nerve. All three syndromes can cause muscle spasm, the contraction into a hard mass of one or more of the many small muscles that support the back. The pain from mus-

cle spasms in the lower back can travel up the spine or as far down as the knees, which makes it difficult, if not impossible, for the sufferer to pinpoint the actual location of the spasm and for his doctor to treat it.

Research has dispelled many of the myths that traditionally surrounded back pain, and most medical practitioners have abandoned some outdated medical terminology. It is no longer precise enough to call lower back pain lumbago nor are the sacroiliac joints at the top of the pelvis blamed for every twinge and cramp. Discs no longer "slip" and athletes no longer "throw their back out." But the most dangerous myth — that most back pain cannot be prevented by exercise, posture and relaxation techniques — has proven harder. Said Hunt: "Part of the blame for that can be laid on doctors. They are a slow bunch to convert."

For her part, Hunt works closely with Toronto orthopedic surgeon Hamilton Hall, whose 1980 best seller, *The Back Doctor*, will appear in bookstores across Canada this fall in a revised and expanded edition. In the book Hall criticized his colleagues for confusing and frightening their patients. Declared Hall: "In many instances, I'm sure, it's purely unintentional — simply a matter of their being less sensitive or less adept at interpersonal communications than they might be." He added that family doctors "are uneasy with back pain because they find it tricky to diagnose and unsatisfying to treat," and surgeons find it "a bore" because the treatment needed is likely to be nonsurgical.

Many medical officials say that Hall's book sparked a minor revolution in the way doctors deal with their long-suffering patients and in the way patients themselves view their aching backs. Hall also confirmed a widely held suspicion: that chronic back pain is rarely just a physical problem. Indeed, some specialists claim that in 80 per cent of all back pain cases such elusive factors as stress, depression and mental attitude play a magnifying role. Said Dr. John Basmajian, professor of medicine and anatomy at McMaster University: "It is not so much in your head as it is in your behavior — societal stresses and strains, overeating, weak abdominal muscles, corpulence. Without question, back pain has reached epidemic proportions in North America. It is not a major problem, for example, behind the Iron Curtain."

Similarly, most experts agree that the mainstream approach to back pain has changed substantially over the past decade. Said Hunt: "If you went to a convention of spine people 10 years ago, all you heard was talk about surgery. Now, all the talk is about exercise and how to avoid surgery."

Still, surgery is sometimes unavoidable. The most common surgical procedure for the relief of back pain is a discectomy — the removal of a ruptured disc, which is occasionally followed by a second operation called a fusion, to join two vertebrae and stop movement at the joints. The procedure is often effective, but there is an alternative: the injection of an enzyme from the papaya plant into the disc, called chymopapain, which dissolves its gelatinous core and reduces pressure on the surrounding tissue. A controversial procedure, it was banned in the United States in 1975 after a study questioned its safety, but Canadian surgeons have continued to use it successfully, and the U.S. Food and Drug Administration recently revoked its ban on the substance.

(from Maclean's magazine)

Comment

In regard to the "Silverwoods Clip for Cash" article in the June 26, 1987 issue of the *Herald*, I found that the Victoria Beach Grocery Store is not selling Silverwood products. The store is carrying "Beatrice". How can we raise money for our community club when the scalps are not available to us?

I feel, as I am sure many other community club supporters do also, that the Victoria Beach Grocery should look into supplying us with Silverwood products. If the VB Grocery did supply Silverwood products, it would show that the owners are supportive and in the community spirit.

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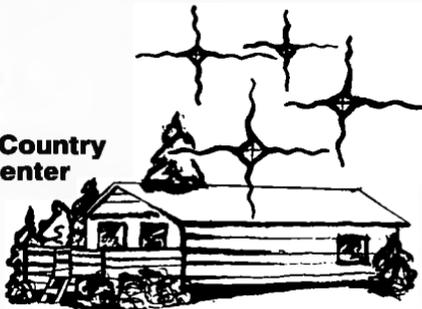
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