

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition
Which Produces Many Well
Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful
Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the kidneys and skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce headaches and sleeplessness. It may irritate the kidneys and bring on pain in the back, rheumatism, gout, and rheumatic pains. It is the chief cause of eczema—and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure auto-intoxication or self-poisoning—as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

KEENA LAND DISTRICT—DISTRICT OF
COAST, RANGE 4.

TAKE NOTICE that Frederick Bradshaw, of Tonopah, Nevada, occupation mine manager, intends to apply for permission to purchase the following described lands: Commencing at a post planted about 200 feet easterly from the northwest corner of Lot 40, Range 4, Coast District; thence north 20 chains; thence west 20 chains; thence south 20 chains more or less to the shore of Surf Inlet, thence following the shore line to the place of commencement, containing forty acres more or less.

February 18, 1916.
FREDERICK BRADSHAW.

TREMENDOUS ENTHUSIASM AT THE LIBERAL MEETING

(Continued from Page Two.)

hesitation in saying that he would give every district the consideration it demanded. (Cheers).

M. A. Macdonald.

In introducing M. A. Macdonald, Fred. Stork said that this was no fight between Grits and Tories, but, as in Manitoba, the driving out of a corrupt government.

Mr. Macdonald received a tremendous ovation on rising and had to wait quite a while before he could make himself heard. After thanking the audience for its reception, he said that this was his first, but not his last visit to the north. In Prince Rupert, as elsewhere in the province, they had not enjoyed much prosperity, and the first essential was a new, clean government under Mr. Brewster. Development had been arrested and the province was "like a young giant manacled." "It is time there was a change and that change will come on September 14th," said Mr. Macdonald, "and no one knows better than the premier that the change is coming."

He went on to trace the history of the McBride-Bowser split, resulting in the ousting of J. H. Turner and the departure of Sir Richard with just a little push by way of speeding the parting guest. He next dealt with Mr. Bowser as attorney-general, showing that he at one and the same time, acted for the people and also for such concerns as the Dominion Trust and the P. G. E. Lawyers had a bad reputation, though he thought they were all right so long as they stayed on one side of a case, but when they took up both sides, as the premier did, there was something seriously wrong.

He took no credit for the 4,000 majority in Vancouver. It was

simply the voice of the people. He had closed with the "Tammany Tiger" and naturally its claws had got into his flesh. Any man who opposed this corrupt machine was bound to be persecuted, as witness Moses Cotsworth.

In dealing with the land policy of the government, he showed that the speculator had been allowed to grab what he chose, without regard for law. With the same utter disregard for law, the P. G. E. had been granted millions illegally. These were merely isolated cases. All along the line the premier did just as he pleased. No statute was sacred. Any business run as this province had been run would have been in the hands of a receiver long ago. In 1911 we had \$8,743,000 in cash; today, we have over thirty millions of debt.

The province had paid \$316,016 interest on P. G. E. bonds and had to meet a like payment soon, though this fact would never have been made public had there been no opposition in the house. Millions had been spent on roads, trails and bridges, 50 per cent. of which went on work and 50 per cent. to the road bosses for political purposes. (Voice: "Bob Jennings").

Civil salaries had advanced 700 per cent. in ten years; administration of justice had increased 600 per cent. in seven years and so on all along. Many thousands had been squandered in commissions, outside of Indian Reserve commissions. Though the Liberals had prepared a Workmen's Compensation Act years ago, a commission had to be appointed, and then another to find out whether the first was right.

Shaw's Graft.

J. P. Shaw, member for Kamloops, had drawn \$30 per day for 365 days and had drawn his sessional indemnity besides. (Voice,

"Bob Jennings can beat that"). Mr. Shaw had drawn \$30 per day for two months while he sat in the house. "In business, this would be called 'padding accounts,'" said Mr. Macdonald. Messrs. Lucas, Hayward and Shaw were all allowed to accept money, while members of the house. The statutes were not allowed to stand in the way.

Some Carpet.

\$2,662 had been paid for the hire of a carpet and \$14,000 for the wiring in connection with the Connaught visit to Victoria. The subsidised press had absorbed over \$100,000. Stratheona Park had cost \$234,000 in two years, \$30,000 of this going to an American engineer. The university had already cost over \$1,000,000 and all we had was a site.

Miscellaneous items in the accounts amounted to about \$4,000,000 in one year while Saskatchewan showed \$15,000 for the same time.

Vancouver Election.

He did not propose to allow Mr. Bowser to sweep the filth from his own door on to his doorstep and then claim that it had been there all the time. Mr. Bowser had proven repeatedly that he has an utter disregard for the truth. The Vancouver case was exactly similar to the Norris case in Manitoba, where a corrupt government sought to prove that Premier Norris had accepted \$25,000 to connive at their misdeeds. You know what happened.

Mr. Macdonald said that the Liberal party is not rich and that if money was necessary to win the election there was little hope. They had never used money to win nor did they have a machine fund such as was kept supplied by the methods disclosed in the Vancouver school board enquiry, in which it was shown that contractors sent money to the corrupt machine fund and then charged it up.

Had there been anything corrupt in the Liberal methods, men like Sir Hibbert Tupper would not come out and support them, as they did. This is no contest between Liberals and Conservatives, as the Bowser machine has no right to use the name.

In dealing with the Gosden case, he described how he had been accused of "clandestinely" paying money to a man at the

BRAID'S IDEAL BLEND COFFEE

Here is a Coffee an Ideal Blend and an Ideal Value.

No More, No Less - \$0.40 per lb.

At the following well-known dealers:

LYNCH BROS.
FULLER & McMEIKIN
J. P. McCOLL
3RD AVE. CASH MARKET
FULTON CASH MARKET
A. FERGUSON
CANADIAN FISH & COLD STORAGE CO., LTD.

MILLER-PHILLIPS
MUSSELL GROCERY CO., LTD.
T. BRAMLEY
CAVENAILE & HANNAN
SPURR'S CASH MARKET
LIPSETT, CUNNINGHAM & CO., LTD.

Stewart & Mobley, Ltd., Wholesale Distributors, Prince Rupert.

WM. BRAID & CO., DIRECT IMPORTERS,
VANCOUVER - B.C.

post office in Victoria and within six feet of a man who, on oath, would not say that he recognized him, simply because he knew the result would be jail. The jury in the Gosden case, except one man, had been for conviction. He knew the man. The whole affair would yet be exposed, as the Liberals would search to the very root of the matter and would expose the guilty parties.

In conclusion, he urged the people of the north to send to Victoria a solid representation, though that was not necessary to obtain justice from a Liberal government, as it represented the people and no party. "Just as sure as the grass grows and water runs, we will have a Liberal government after September 14th," said Mr. Macdonald. On resuming his seat, he was given a great ovation. The meeting closed with the National Anthem and three cheers and a tiger for Mr. Brewster.

Charles Balagno has resumed taking pianoforte pupils. Terms reasonable. Phone Blue 408. tf.

Good lines in "Little Gents," youth's, boys' shoes in box kid uppers and solid leather soles—Special Prices, \$1.75, \$2.25 and \$2.75—Wallace's. 164.

Salvation Army.

Public meetings, Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.

TRADESMEN WANTED FOR CANADIAN ENGINEERS

Mayor McCaffery has received a letter from the commanding officer of the 6th Field Company, Canadian Engineers, with headquarters at North Vancouver, stating that recruits for this branch of the service are urgently wanted. All professions and trades are eligible for enlistment in this battalion and drafts are shipped for overseas service every two weeks.

The following are required:—Blacksmiths, bricklayers, carpenters, clerks, coopers, architectural draughtsmen, electricians, engineers, fitters and turners, harness makers, masons, painters, plasterers, plumbers, shoemakers, surveyors, tailors, plate layers, etc. Apply to Mayor J. Eades Ward, C. O. 6th Field Company, C. E., North Vancouver. tf.

Child's and Misses' heavy sole cushion welt strap slippers—Wallace's. tf.

LAKELSE HOT SPRINGS HOTEL

IS NOW OPEN TO GUESTS

One of the largest Hot Springs in America, circumference 300 feet—Temperature of Water, 180 d. Fahr.

Excellent Trout Fishing in Lake Lake.

Phone Connections with Terrace.

RATES: \$2.50 per day.

For further particulars, apply to J. BRUCE JOHNSTONE, Manager.

Three Mighty Forces Close Linked

Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also—particularly to advertisements. When the manufacturer really believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper—will, figuratively speaking, "lean forward and listen intently."

To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have:

Sincerity -- Enthusiasm -- Advertising:
Three mighty forces, close-linked.

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper. If you are doing a provincial or national business it would be well for you to have the counsel and assistance of a good advertising agency. A list of those will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.

Production and Thrift

"To win the war with the decisiveness which will ensure lasting peace, the Empire will require to put forth its full collective power in men and in money. From this viewpoint it is our true policy to augment our financial strength by multiplying our productive exertions and by exercising rigid economy, which reduces to the minimum all expenditures upon luxuries and non-essentials. Only in this way shall we be able to make good the loss caused by the withdrawal of so many of our workers from industrial activities, repair the wastage of the war, and find the funds for its continuance. It cannot be too frequently or too earnestly impressed upon our people that the heaviest burdens of the conflict still lie before us, and that industry and thrift are, for those who remain at home, supreme patriotic duties upon whose faithful fulfilment our success, and consequently our national safety, may ultimately depend."—SIR THOMAS WHITE, Minister of Finance.

PRODUCE MORE, SAVE MORE.
MAKE LABOUR EFFICIENT.
SAVE MATERIALS FROM WASTE.
SPEND MONEY WISELY.

LET US PRODUCE AND SAVE—

The war is now turning on a contest of all forces and resources—men, munitions, food, money. The call to all is to produce more and more. It may be necessary to work harder. The place of those who enlist must be taken by those at home, men and women, old and young. The more we produce the more we can save. Produce more on the farms and in the gardens. Save more and help to win the war.

LET US NOT WASTE OUR LABOUR—

In this war-time all labour should be directly productive or should be assisting in production. Make it as efficient as possible. If your labour is on something that can be postponed, put it off till after the war and make your labour tell now. Making war is the first business of all Canadians. Efficiency in labour is as important as efficiency in fighting.

LET US NOT WASTE MATERIALS—

Begin at home. The larger portion of salaries and wages is spent on the home—food, fuel, light, clothing. Are any of these things being wasted? \$20.00 a year saved from waste in every home in Canada will more than pay the interest on a war debt of \$500,000,000.

LET US SPEND OUR MONEY WISELY—

Are you spending your money to the best advantage? What do you think of extravagance in war time? Tens of thousands of Canadians are daily risking their lives for us at home. Is it not our duty to be careful and economical? Canadian dollars are an important part of the war equipment. Make them tell. Have a War Savings Account. Buy a War Bond.

THE GOVERNMENT OF CANADA

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THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE