

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.

LAND ACT

Prince Rupert Land District—District of Coast, Range 3.

TAKE NOTICE that the Pacific Mills, Limited, of Vancouver, B. C., occupation pulp and paper makers, intend to apply for permission to purchase the following described lands:—Commencing at a post planted at the southeast corner of Lot 269 on the west shore of Cousins Inlet, thence west 40 chains, thence south 20 chains, thence east to shore, thence northeasterly along shore to point of commencement, containing 65 acres, more or less.

PACIFIC MILLS LIMITED, Mark Smyth, agent. Dated May 13th, A. D. 1916. AUG. 13

***** IN THE LETTER BOX *****

(Continued from Page two.)

be unable to send outside for his liquor, but the rich man will be able to have all he wants. I am surprised to hear that the Prohibitionists are satisfied with the terms of an act which permits any man to import liquor into the province of British Columbia by wholesale. I am willing to vote for Prohibition that will prohibit, but not for such a lop-sided, jug-handled imitation such as the present bill."

Read what Mr. Thompson, member of Victoria city, and one of the leading Conservatives of the province, said on the floor of the House about this act.

Mr. H. B. Thompson, Conservative member for Victoria, in speaking of the Act called attention to the fact that it was not a government measure in any sense of the term. The government was in no way responsible for the Bill, except for its drafting and preparation for the referendum vote. It was an Act prepared and demanded by certain members of the Prohibition party executive.

"On the other hand here is the 'gold-brick.' There is nothing like prohibition in the bill. It will not diminish the consumption of alcoholic beverages, but will increase the purchase of strong liquor. It will turn the home into a saloon, and the drug store into a liquor shop, where subterfuge, deceit and false pretence will become common and open, in order to obtain liquor. It will take a standing army to enforce it, if indeed, twenty-five thousand extra provincial police could do so. It is un-British in principle; the right to search a man's home



SHOWING AT THE MAJESTIC THEATRE TONIGHT.

without a warrant being re-actinary and repugnant. The onus of proof on the accused will engender blackmail and espionage."

His Lordship also states: "If after a fair trial some defect in the working of the act is found we can quickly remedy this, once we are free from the tyranny of a powerful monopoly."

Has Premier Bowser, has Mr. Brewster, has Mr. Parker Williams, or any of their followers ever stated that they would extend or limit the B. C. Prohibition Act, if carried? They would have just as much right to do one as the other, therefore, why does Bishop Du Vernet state that if the act is defective (and he honestly knows right now it is) that we can quickly remedy this.

Mr. Editor, there is only one remedy, and that remedy was to have accepted the Doherty Act and included it in this legislation by Act of Parliament, and this for some reason was not done, and Mr. Brewster, Mr. Parker Williams, and Mr. Thompson openly state could have been done if the Prohibition people wished it.

Yours faithfully,
GEO. W. MORROW.

Are you a member of the B. M. C. Club? It meets in the Stork Block every night. There is no fee of any kind.

Do you belong to the "B. M. G." Club?

BOWSER MUST GO

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 Lakelse Lake.

Phone Connections with Terrace. RATES: \$2.50 per day.

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



This Superior COFFEE

As its name implies is a blend of four special coffees.— It has a splendid body and will produce a rich, strong, and invigorating cup of coffee.

AT ALL GOOD GROCERS
\$0.45 per lb.

WM. BRAID & CO., DIRECT IMPORTERS VANCOUVER - B.C.
Stewart & Mobley, Ltd., Wholesale Distributors, Prince Rupert.



2,000,000 Belgians Depend on us for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more—and the ruthless Germans refuse to supply them!

Backed by the

Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month—all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 59 St. Peter St., Montreal
\$2.50 Feeds A Belgian Family A Month.

Advertise In The Daily News.

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 these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumden 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

THE DEPARTMENT OF AGRICULTURE

THE DEPARTMENT OF FINANCE