

G. H. Arnold, Notary Public

FOR RENT.

We offer the Knights of Pythias Hall in the Helger-son Block for rent from November 1st. A long lease may be had. It is 28x100 feet with kitchen, anterooms and lockers.

H. G. HELGERSON, LTD.

Rentals.

Insurance.

Loans.

CANADIAN PACIFIC
STEAMSHIP LIMITED

TO EUROPE

MAKE RESERVATIONS NOW!

QUEBEC-CHERBOURG-SOUTHAMPTON-
HAMBURG
Oct. 31 Nov. 28 Empress of Britain
Nov. 14 Empress of France
MONTREAL-SOUTHAMPTON-ANTWERP
Oct. 11 Nov. 5 Melita
Oct. 26 Nov. 22 Minnedosa
MONTREAL TO GLASGOW
Oct. 21 Nov. 18 Metagama
MONTREAL TO LIVERPOOL
Oct. 20 Nov. 17 Victorian
Oct. 27 Nov. 24 Montclair
Nov. 4 Tunisian
ST. JOHN TO LIVERPOOL
Dec. 1 Dec. 29 Feb. 16 Montrose
Dec. 12 Feb. 2 Mar. 2 Montclair
Dec. 22 Jan. 20 Feb. 23 Montclair
Nov. 31 Victorian
ST. JOHN TO GLASGOW
Dec. 7 Victorian
Dec. 15 Jan. 13 Mar. 2 Metagama
Feb. 9 Mar. 17 Tunisian
ST. JOHN-CHERBOURG-SOUTHAMPTON-
ANTWERP
Dec. 9 Melita
Jan. 6 Victorian
Mar. 5 Apr. 14 Minnedosa
ST. JOHN-CHERBOURG-SOUTHAMPTON-
HAMBURG
Dec. 27 Minnedosa
Jan. 19 Apr. 16 Victorian
Feb. 10
Apply to Agents everywhere, or J. J.
PORTER, General Agent, C.P.R. Station,
Vancouver, Telephone Jaymour 2630—
CANADIAN PACIFIC RAILWAY
Traffic Agent.

CANADIAN NATIONAL RAIL- WAYS.

(Western Lines).

GRAND TRUNK PACIFIC RAIL- WAY.

Sealed Tenders addressed to the Chief Engineer, Winnipeg, Man., and endorsed Bridge Foundation and Rock Filling Kyax Bridge, will be received at the office of the Chief Engineer until twelve o'clock noon Thursday, October twelfth, nineteen twenty-two, for work in connection with construction of bridge foundation and rock filling at crossing of Kyax River, Mile seventeen thirteen point three, Skeena Sub-division, near Prince Rupert, British Columbia.

Plans, profiles, specifications and form of contract may be seen and form of tender obtained at the offices of the Chief Engineer, Winnipeg, Man., District Engineer, Prince Rupert, B.C., Asst. Engineer, Maintenance of Way, Vancouver, B.C., District Engineer, Edmonton, Alta., District Engineer, Saskatoon, Sask.

Tenders will not be considered unless made on the form supplied by the Railway Company and accompanied by an accepted cheque on a Chartered Bank equal to five percent of the value of the work, payable to the order of the Treasurer, Canadian National Railways, Victory Bonds payable to bearer will be accepted in lieu of accepted cheque mentioned. Tenders must be enclosed in special envelope supplied by the Railway Company.

The lowest or any tender not necessarily accepted.

A. E. WARREN,
General Manager.

Winnipeg, Man.,
Sept. 27th, 1922.

CERTIFICATE OF IMPROVEMENT.
"DERBY," "EPSON," "IRON DUKE" and "IRON DUKE No. 2," situated in QUEEN CHARLOTTE MINING DIVISION, SKEENA DISTRICT, located on Louise Island.

Take Notice that I, Chas. J. Bensen, Free Miners Certificate No. 88720 B, intend sixty days from the date hereof, to apply to the Mining Recorder for Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claims.

And further take notice that action under Section 37, must be commenced before the issuance of such Certificate of Improvements.

Dated this 23rd day of August, A.D. 1922.
C. J. BENSON.

CERTIFICATE OF IMPROVEMENT.
"IRON DUKE No. 1," "IRON DUKE No. 2," "SIMCOE Fraction" and "GAINFIELD," situated in QUEEN CHARLOTTE MINING DIVISION, SKEENA DISTRICT, located on Louise Island.

Take Notice that I, Alex. Rogers, Free Miners Certificate No. 88780 B, intend sixty days from the date hereof, to apply to the Mining Recorder for Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claims.

And further take notice that action under Section 37, must be commenced before the issuance of such Certificate of Improvements.

Dated this 23rd day of August, A.D. 1922.
ALEX. ROGERS.

CERTIFICATE OF IMPROVEMENT.
NOTICE.
"MINERAL SPRING" Mineral Claim, situated in the QUEEN CHARLOTTE MINING DIVISION, SKEENA DISTRICT, located on Louise Island.

Take Notice that I, Duncan Fraser, Free Miners Certificate No. 60158, intend sixty days from the date hereof, to apply to the Mining Recorder for Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action under Section 37, must be commenced before the issuance of such Certificate of Improvements.

Dated this 11th day of September A.D. 1922.

THE MYSTERY OF BODY AND MIND

President of British Association
Talks of Living Organism in
Address

MUSCLES, NERVES AND BRAIN

Wonderful Mechanism is Described
by Sir Charles Sherrington
at Hull

HULL, Eng., Oct. 6. — In his presidential address to the British Association for the advancement of science at their annual gathering, Sir Charles Sherrington said that commonly the questions most difficult are those that can be quite briefly put. Thus, "Is the living organism a machine?" "Is life the running of a mechanism?" The answer cannot be as short as the question. The problem is not the why of the living organism, but the how of its working.

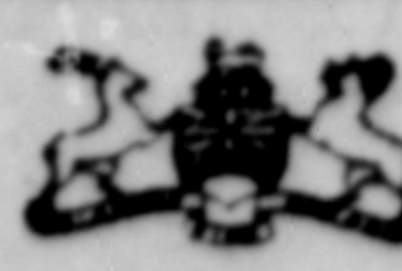
Our own body is full of exquisite mechanism. He instanced the mechanism linking the condition of the air at the bottom of the lungs with the part of the nervous system which manages their ventilation. The adjustment is so delicate that the very slightest increase in the pressure of carbonic acid at the bottom of the lungs at once suitably increases the ventilation of the chest.

Muscles execute our movements; they also maintain our postures, an action produced by nerve-centres which form a system more or less their own. Even in the absence of these portions of the brain to which consciousness is adjunct, the lower nerve-centres successfully bring about and maintain all the co-operation of muscles necessary for the erect posture.

Special Controls

The mechanism dealing with the limbs, trunk, and neck consists of a pair of tiny water-filled bags set one in each side of the skull. In each of these is a patch of cells endowed with a special nerve. Attached to hair-like cells of these cells is a tiny crystalline stone whose pressure acts as a stimulus through them to the nerve. In the ordinary erect posture of the head the stimulation by the two bags right and left is equal, because the two gravity-stones then lie symmetrically. If the head incline to one side the resulting slip, microscopic though it be, of the two stones on their nerve-patches makes the stimulation unequal. And from that slip there results exactly the right unsymmetrical action of the muscles to give the unsymmetrical pose of limbs and neck required for stability.

An additional mechanism postures the head itself on the neck, a second pair of tiny gravity-bags, in which the stones hang rather than press. These, when any cause inclining the head has passed, bring the head back at once to the normal symmetry of the erect posture. And these same bags manage the posturing of the eyes. The eye contributes to our orientation in space; for instance, to perception of the vertical. These reactions of head and eyes and body unconsciously take place when a bird wheels or slants in flight, or a pilot stalls or banks his aeroplane. And all



Sealed Tenders will be received by the District Forester, Prince Rupert, not later than noon on the 9th day of October, 1922, for the purchase of Licence X 4352, to cut 1,872,000 feet of spruce, cedar and hemlock on an area adjoining Timber Sale X 4153, Sedgewick Bay Lyell Island, Queen Charlotte Islands District.

One (1) year will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 4253.

Sealed Tenders will be received by the Minister of Lands at Victoria not later than noon on the 12th day of October, 1922, for the purchase of Licence X 4253, to cut 1,872,000 feet of spruce, cedar and hemlock on an area adjoining Timber Sale X 4153, Sedgewick Bay Lyell Island, Queen Charlotte Islands District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

DENTISTRY

Dr. J. Maguire

Rooms 7 and 8 Smith Block.
Office Hours: 9 to 9.
Phone 575. Lady Assistant.



this works itself involuntarily as a pure mechanism.

Regeneration of Nerves

The fibres of nerve-trunks are perhaps of all nerve structures those that are best known. They constitute the motor nerves of muscle and the sensory nerves of the skin. When they are broken the muscle or skin is paralysed. They establish their ties with muscle and skin during embryonic life, and show no further growth. If severed, say, by a wound, they die for their whole length between the point of severance and the muscle or skin they go to. And then at once the cut ends of the nerve-fibres start re-growing from the point of severance, although for years they have given no sign of growth. The fibre, so to say, tries to grow out to reach to its old far-distant muscle. There are difficulties in its way. A multitude of non-nervous repair cells growing in the wound spin scar tissue across the new fibre's path. Between these alien cells the new nerve-fibre threads a tortuous way, avoiding and never joining any of them. This obstruction it may take many days to traverse. Then it reaches a region where the sheath-cells of the old dead nerve fibres lie altered beyond ordinary recognition. But the growing fibre recognizes them. Tunnelling through endless chains of them, it arrives finally, after weeks or months, at the wasted muscle-fibres which seem to have been its goal, for it connects with them at once. It pierces their covering membranes and re-forms with their substance junctions of characteristic pattern resembling the original that had died weeks or months before. Then its growth ceases, abruptly, as it began, on the wasted muscle-recoils and the lost function is restored.

Yet marvellous though nerve regeneration be, its mechanism seems blind. Its vehemence is just as great after amputation, when the parts lost can, of course, never be re-reached. Its blindness is sadly evident in the suffering caused by the useless nerve-sprouts entangled in the scar of a healing or healed limb stump.

Mind and Matter.

Mind becomes more recognizable the more developed the nerve-system. In the nervous system there is what is termed localization of function which shows mentally, in the usual acceptance of that term, restricted among vertebrates to the forebrain, and in higher vertebrates to the relatively newer parts of that forebrain. Its chief perhaps its sole, seat is a comparatively modern nervous structure superposed on the non-mental and more ancient other nervous parts.

To pass from a nerve impulse to a physical event, a sense-impression, percept, or emotion, Sir Charles Sherrington said, is as it were, to step from one world to another and incommensurable one. We might expect, then, that at the places of transition from its non-mental to its mental regions the brain would exhibit some striking change of structure. But no; in the mental parts of the brain still nothing but the same old structural elements, set end to end, suggesting the one function of the transmission and collision of nerve impulses. The structural inter-connections are richer, but that is a merely quantitative change.

Referring to the connection between the nervous machinery and the machinery to which mental actions are adjunct, the president pointed out that the phenomenon of fatigue is common to both, and imposes similar disabilities on both. Nervous exhaustion and mental exhaustion mingle.

Mr. Barcroft and his fellow

observers, in their recent physiological exploration of life on the Andes at 14,200 feet, noted that as well as their muscles their arithmetic was at disadvantage there. The low oxygen pressure militated against both.

Seat of the Mind.

The cortex of the forebrain is the seat of mind. From small beginnings it has become steadily a larger and larger feature of the nervous system until in adult man the whole of the rest of the system is relatively dwarfed by it.

The mental attributes of the nervous system are the coping-stone of the construction of the individual. But they do not stop at the individual; they proceed beyond the individual; they integrate from individuals to communities.

When we review the distribution of mind within the range of animal forms, we meet with two peaks of development—one in insect life, the other in the vertebrate, with its acme finally in man. In the insect the type of mind is not rational but instinctive, whereas in man there is reason as well as instinct. Yet in both one outcome seems to be the welding of individuals into societies on a scale of organization otherwise unattained. The greatest social animal is man; the powers that make him so are mental.

We may suppose that in the same sense as we can claim today that the principles of working of a gas engine or an electro-motor are comprehensible to us, so will the bodily working in such mechanisms be understood by us, and indeed are largely so already. But the how of the mind's connection with its bodily place seems still utterly enigma.

PRINCE GEORGE

Members of the staff for the newly opened Fort George assessment office have arrived in the city. They are John Atkins, assessor, and Messrs. Foote and McHaffy, from Quesnel.

Miss O. Shields arrived in the city last Sunday night to take over the duties of Mrs. Inkman, of the Prince George teaching staff, who has returned to Vancouver.

Charles A. Ross, who was awaiting trial on a charge of taking money under false pretences, escaped from the lock-up last Saturday evening and no trace has yet been found of him.

The municipal tax sale failed to attract many bidders and of the 380 parcels on the list but six were sold.

Alexander Wimbles has been appointed postmaster for Prince George.

LAND ACT.

NOTICE OF INTENTION TO APPLY TO LEASE LAND.

In Prince Rupert Land District, Record District, Coast Range 5, B.C., and situate 21 miles east from Prince Rupert, being immediately east of G.T.P. Ry. bridge at mouth of Honeyard creek on north shore of Skeena River.

Take Notice that I, Bert Butler, of Haysport, B.C., occupation farmer, intend to apply for permission to lease the following described lands: Commencing 349 feet west of a post planted at the south-east corner of Lot 527, Range 5, Coast District B.C., thence in a westerly direction 200 feet along G.T.P. Ry., thence in a southerly direction to low water mark, thence in an easterly direction along low water mark to a point directly south of the point of commencement, thence in a northerly direction to point of commencement, containing 2 acres more or less.

BERT BUTLER,
Name of Applicant.

Dated Sept. 20th, 1922.



Sealed Tenders will be received by the Minister of Lands at Victoria, not later than noon on the 12th day of October, 1922, for the purchase of Licence X 4219, to cut 1,212,000 feet of fir and spruce, situated on an area to the East of Burns Lake, Francois Lake Road, 8 miles south of Burns Lake, Range 5, Coast Land District.

Five (5) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 4343.

Sealed Tenders will be received by the Minister of Lands at Victoria, not later than noon on the 12th day of October, 1922, for the purchase of Licence X 4343, to cut 1,212,000 feet of fir and spruce, situated on an area to the East of Burns Lake, Francois Lake Road, 8 miles south of Burns Lake, Range 5, Coast Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 4362.

Sealed Tenders will be received by the Minister of Lands at Victoria, not later than noon on the 12th day of October, 1922, for the purchase of Licence X 4362, to cut 1,212,000 feet of spruce and pine trees, situated on an area to the East of Burns Lake, Francois Lake Road, 8 miles south of Burns Lake, Range 5, Coast Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

WESTHOLME THEATRE

Tonight and Saturday---7 and 9

MONTE BLUE

The Kentuckians

Pathe News Gazette

Christie Comedy - "Wild and Western"
Admission 15c and 35c.



Silversides

Bros.
Second Street.

DIRECT AGENTS FOR



Phone 22. P.O. Box 120.

SUITCASES TRUNKS CLUB BAGS

Large Stock on hand.
Prices very low.

J. F. MAGUIRE
Next the Prince Rupert Hotel

PACIFIC CARTAGE

Limited

Phone 93

Furniture, Piano and
Safe Moving
Coal General Cartage
Sand and Gravel

Shoes! Rubbers! Rubber Boots!

LIBERTY SHOES For Men.
LECKIE SHOES For Men and Children.
CLASSIC SHOES For Ladies and Children.
HURLBUT SHOES For Children.
DOMINION RUBBERS and RUBBER BOOTS For Ladies, Men and Children.

We have confined our Shoe Business to the above five good lines. The Classic and Liberty Shoes and Dominion Rubbers are bought exclusively by us and are only obtainable at our Shoe Department.

Your past experience with these lines has undoubtedly convinced you that these shoes are the best you can get for your money.

DOMINION Rubbers and Rubber Boots

The wearing quality of these well known Rubbers is guaranteed. Visit our Shoe Department and we will gladly show you these rubbers in the many different lines of manufacture.

Rubber Boots are obtainable in 6", 9", knee length, three quarter length and hip. Black with double red sole, all brown and all white.

Men's Rubbers from \$1.50 to \$1.85.

Jabour Bros., Ltd.

Seventh St. and Third Ave.
P.O. Box 119.

Prince Rupert, B.C.
Phone 645.

LADIES Attention!

I am a specialist in Ladies' tonorial requirements and am the holder of five French Medals and eight Diplomas for Hairdressing.

My specialties include Marcel Waving, Face Massage, Shampooing, Singeing, Hair Dyeing, Scalp Treatment and Violet Ray Treatment.

Coupees and wigs for gentlemen and transformations for ladies. Switches made up from ladies' own combings.

Am at your service any time by appointment. Phone 694.

Chas. Le Clercq
320 Sixth Street.

There Will Be A Coal Short-
age This Winter

Be wise!
Order Your
Coal Now
Don't get left

We have arranged for delivery of 3,000 tons of
Nanaimo-
Wellington Coal
Phone 116 or 564.
Albert & McCaffery
LIMITED

Dr. Geo. L. Barton
(Palmer)

Chiropractor
WALLACE BLOCK
Phone 660.

King George Cafe

NEW CAFE
We serve the Best CHOP
SUEY and NOODLES
Cor. 8th Street and 2nd Avenue
Phone Blue 471

Christmas Greeting Cards

Printed in our own office.
Phone for Sample Book.

Order early for Foreign
Mails at
Rose, Cowan & Latta
Limited
Prince Rupert, B.C.
Phone 234.



ELECTRIC BREAD MAKES HEALTHY CHILDREN.

And what is good for the children is good for the "grown-ups" as well. Our ELECTRIC BREAD is made from the best flour, baked in a highly modern and spotlessly clean bakery, hence it is a perfect product.

Ask Your Grocer for Electric Bread, or Phone 667.

Electric Window Bakeries
Third Ave.