

**I'm So Tired**

Fatigue is the result of poisons in the blood. So when the kidneys fail to purify the blood one of the first indications is unusual and persistent tired feelings and pains in the back.

Neglected kidney troubles lead to years of suffering from rheumatism or develop into such fatal ailments as Bright's disease.

The kidney action is promptly corrected by use of Dr. Chase's Kidney-Liver Pills — the best known regulator of kidneys, liver and bowels.

Mrs. John Ireland, R.R. No. 2, King, Ont., writes:

"I was a great sufferer from severe headaches and bilious spells. I tried a number of remedies without obtaining any benefit until I was advised to use Dr. Chase's Kidney-Liver Pills. These completely relieved me and made me feel like a new person. I am very grateful to Dr. Chase's medicines for what they have done for me, and you may use my letter for the benefit of others."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25¢ a box, all dealers or Edmanson, Bates & Co., Ltd., Toronto.



PROVINCE OF BRITISH COLUMBIA,
FOREST BRANCH.

DEPARTMENT OF LANDS.

EXAMINATIONS FOR THE POSITION OF
ASSISTANT FOREST RANGER.

Object.

These examinations are for the purpose of filling present vacancies and to enable candidates to qualify for future vacancies and increases in staff.

Assistant Forest Rangers.

Assistant Forest Rangers are employed during the first season (May to September) inclusive of each year and this period is intended to cover the work of improvements, such as trail etc. Employment is made each year as long as satisfactory service is given. Promotion to the permanent staff is made by merit and experience as occurs in office. The salary is \$900 per month for the first year, \$100 per month the second year and \$1200 the third year. Travelling expenses are also paid.

Certifications for Candidates.

Candidates must be British subjects residing in British Columbia for at least one year, of good character, good physical condition and with woods experience.

They should have experience in fire fighting, possess the ability to organize work and handle men, and have knowledge of the Forest Act.

The examinations are partly written, partly oral and are designed to test the knowledge of the candidate regarding the laws of the examination and the leading in which it will be held. Applications should, in each case, be filled out and mailed to the District Forester in time to reach him at least two days before the examination.

Great Opportunity.

Canada is a large country, therefore offers a great opportunity to every true citizen to increase her power and importance in the world. One who is content to let things pass as they will is not a loyal citizen of Canada. It is everyone's duty to further this industry and be of service to their own land. Industrial prosperity and the growth of manufacturing in the cities could not avail to offset the decay of agriculture. This however, does not necessarily mean that manufacturing should be undeveloped. On the contrary as much interest and energy should be applied to increasing the manufactures of a country, as is given to the development of agriculture. One should not suffer at the expense of the other.

Returned Soldiers.

That there will be legislation affecting re-establishment of returned soldiers is a foregone conclusion. The government has promised to appoint a Parliamentary Committee on this subject which in its report will say whether it finds further measures necessary for the proper re-establishment of the returned men. There are stated to be many directions in which the returned soldiers themselves desire the government to move, and it is expected that some of these plans will be laid before the Parliamentary Committee when it meets and passes along by that committee to the House.

Minister of Defense.

One of the important measures of the session will be that providing for the amalgamation of the Militia, Navy, Air Force and Mounted Police under one Minister of Defence. Steps to carry out this amalgamation are already under way and a Bill to provide for the change is to be submitted early in the session.

This carries with it a pronouncement of policy in regard to the Royal Canadian Mounted Police which should prove interesting. From various sources there has been a move to have the Mounted Police return to its old footing of a force to police the unorganized territories of the country, and a bill providing this would not cause surprise in political circles. The headquarters of the force may remain at Ottawa, but it is thought that eventually the brilliant uniforms of the constables will be withdrawn from the streets of Eastern cities.

Immigration is a vital matter at the present juncture in the country's affairs and legislation affecting the incoming settler is looked for. The need of a clear immigration policy has been pressed upon the government from various sources in the past few weeks, and some changes in the Act are expected during the coming session. One of these, it is thought, will be the removal of that clause which permits the deportation of British-born on the decision of the Minister. Last year such an amendment was defeated by the Senate, though it was a government measure. With the additional Senate majority against the present government the fate of a similar Bill is problematical.

Good and Bad Citizens.

Very often we come in contact with men and women who say that they have no wish to participate in the political affairs of their town. They ask why they should bother to do so when there are plenty of others to do it. So they calmly "sit back and fold their hands" while others do the work. This class of people

Prize Essay in Rotary Club's High School Competition by Miss Mary Sims, Age 16 Years

PRIVILEGES AND DUTIES OF CANADIAN CITIZENSHIP.

In dealing with such a subject as "The Duties and Privileges of Canadian Citizenship" it would be well first to find just exactly what the two words "citizen" and "citizenship" mean. By consultation with Webster's dictionary we find that a citizen is a freeman or an inhabitant of a city, while citizenship is the rights enjoyed by a freeman or citizen. To be a good citizen, however, one should not merely be an inhabitant of a city. That does not seem a suitable way of expressing what a citizen is. A real citizen is one who owes allegiance to his town or city and is entitled to protection of its laws. The citizen of today has far more privileges than the citizen of the earlier ages. Today, every man can have a voice in the government of his country. This is one of the greatest privileges granted by the free and democratic government of the present day. Any good citizen should then seize this opportunity of doing something beneficial for his country and fellow-men.

Natural Wealth.

Our country is rolling in natural wealth and resources waiting to be developed by the industrious citizens. The seas are literally teeming with opulence in the form of all sorts of fish. This affords a great opportunity for those who take up the fishing industry. Then our forests are both numerous and densely wooded with the finest kind of timber. Lumbering, then, should play an important part in the industries of Canada. All kinds and descriptions of minerals may be found in practically every part of our Dominion. Then the soil itself is fertile—some parts suitable for grain growing, others more fitted for fruit growing and others capable of producing practically anything. Therefore agriculture should of necessity be developed to a high degree. Our histories inform us that agriculture is the mainstay of any country, therefore it is the duty of all good citizens to further this industry and be of service to their own land. Industrial prosperity and the growth of manufacturing in the cities could not avail to offset the decay of agriculture. This however, does not necessarily mean that manufacturing should be undeveloped. On the contrary as much interest and energy should be applied to increasing the manufactures of a country, as is given to the development of agriculture. One should not suffer at the expense of the other.

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Certifications for Candidates.

Candidates must be British subjects not more than forty-five years of age, resident in British Columbia, good physical condition and with woods experience.

The above examinations will take place at Prince Rupert on March 16th and 20th on March 20th. For further particulars apply to the District Forester, Prince Rupert.

W. H. MACINES,
Civil Service Commissioner.

party. The very fact that there is opposition prevents crookedness and encourages straighter dealings in politics for each side is ever-ready to find fault with the policies of the other. In the elections a true citizen does not vote for a candidate simply because he or she is a friend of his but because he knows that that candidate will do his utmost to improve the conditions of the country and work unselfishly in her service.

Most Important Duty.

Nowadays, since we have obtained equal franchise and women are allowed to vote there is no reason why everyone who qualifies as a voter should not do so. If the spirit of advancement could only be instilled in the minds of the coming generation, conditions would be far better than they have been hitherto. Then, perhaps, there would be fewer "back seaters" and more energetic workers in the service of the country. The most important duty then, of a true citizen is to serve his country and his fellow-men.

Many Delegations Visited Ottawa Prior to Session; Matters to be Discussed

OTTAWA, March 7.—Since the beginning of February there has been a constant procession of delegations here interviewing the ministers in regard to special legislation for the various districts represented. This is in addition to the members which represent those districts.

Each province has been represented, and in each province there have been different groups.

From Victoria there has been a delegation working quietly and unobtrusively to secure continuation of the work on the Esquimalt drydock, on which already a very considerable sum has been spent. There have been other requests made, especially in connection with the operation of the ocean docks at that port.

Vancouver has had a great many requests to make. The delegation headed by the Board of Trade president, laid its requests before the Government with a great deal of force and with great expectations, but in no case did the Government give them any inkling of what might be expected at this session of the House.

There has been a Prince Rupert delegation which has been very persistent and has had a number of interviews with ministers and the members of which is not particularly desired at the present.

Winnipeg has been represented, Edmonton, Regina, in fact any substantial section that has not been "after" something is noticeable.

The Legislature opens tomorrow, but it will be a week before there is anything of much interest beyond the reading of the speech from the throne and the election of the speaker.

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That there will be legislation affecting re-establishment of returned soldiers is a foregone conclusion. The government has promised to appoint a Parliamentary Committee on this subject which in its report will say whether it finds further measures necessary for the proper re-establishment of the returned men.

If this were done by everyone, it would make the people of Canada realize more fully how important a part each and every one of them should play in the political activities of the country. We have inherited free political institutions and it is therefore the duty of every good and true citizen to develop these institutions according to the needs of the day. But for those who do take an active interest in these matters, conditions would be a terrible state of turmoil and degeneration.

People should not take part in political affairs merely for the purpose of obtaining emoluments for themselves, but for the purpose of obtaining emoluments for the country. We have inherited free political institutions and it is therefore the duty of every good and true citizen to develop these institutions according to the needs of the day. But for those who do take an active interest in these matters, conditions would be a terrible state of turmoil and degeneration.

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