



Strength

Strength of muscle does not indicate strength of nerves. On this account many people who look healthy enough suffer from nervous troubles and cannot understand what is ailing them. Sleeplessness and irritability are among the early symptoms. Indigestion and tired feelings soon follow.

Read this letter from an Ontario man:

Mr. W. L. Gregory, Charles St. E., Ingersoll, Ont., writes:

"I had been troubled for quite a while with indigestion. At times there would be a twitching of the nerves of my stomach, and I also found it difficult to get a good night's sleep. I am a middle-aged man, and owing to the nature of my work my system became run-down. I took a treatment of Dr. Chase's Nerve Food, and found great benefit from this medicine. They did me a great deal of good. I have not been bothered at all with indigestion since, and can sleep much better. I have recommended Dr. Chase's Nerve Food to many of my friends, as I think it splendid for anyone run-down and needing a tonic."

Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmanston, Bates & Co., Limited, Toronto

Hospital Finances Are In Healthy Shape; Many Improvements Necessary

Financial statements and various reports presented at the twelfth annual meeting of the Prince Rupert General Hospital Association which was held last night in the city council chamber show that the institution is in healthy financial condition and that the organization and conduct of affairs has been in capable hands. Liquid assets more than cover liabilities, even with bad debts written off and with fifty cents on the dollar allowed for outstanding accounts. However, during the year 1921 the institution had been hampered by lack of ready funds and all the improvements

which had been proposed had not been carried out although a great deal had been done along this line. The outstanding need at the present time as expressed at the meeting is for a Nurses' Home. With a membership drive and greater financial support from the public generally, as well as increased revenue from the profits of the Liquor Control Board it was felt that definite steps might be taken in 1922 towards this end as well as towards the providing of several other long-felt needs in the hospital.

Improvements.

The report of President D. G. Stewart for 1921 stated that the finances of the hospital were in satisfactory shape and several improvements had been carried out. Most important of these were the shingling and painting of the building, the installation of the laboratory by the Ladies' Auxiliary and the securing of an ambulance, the purchase of the latter being now provided for. By means of funds given by the Red Cross Society the present gasoline sterilizers in the operating room were to be replaced with steam.

Revenue for the year 1922 gave promise of being greater, especially with the allotment of liquor profits on the basis of the 1921 census. Mr. Stewart recommended that the board proceed with the erection of the Nurses' home at a cost of \$15,000. It might be possible to finance it by means of bonds guaranteed by the city. An effort should also be made to secure new members and a drive might be instituted.

During the year the work of the board had been lightened

greatly by the support and work of Major George E. Gizon, the secretary, Miss Black, the lady superintendent, and the Ladies' Auxiliary, to all of whom great thanks was due.

Directors' Report.

The report of the directors showed that 756 patients had been admitted during the year and 19 had been in the hospital on December 31, making a total of 805 for the year. The average stay of patients had been 20 days and the cost was \$3.50 per patient per day. The death rate had been 2.35% which was considered very low. The financial condition was good. There had been large expenditures for linen and surgical supplies and the payroll had been larger because trained nurses had been used largely on account of the lack of girls in training. There had been a decrease of \$2,000 in the grocery bill. The Board was indebted to the Women's Auxiliary which had made many improvements about the building. A great deal more work was necessary, for during the year funds had just been sufficient to cover running expenses and essential work of upkeep. The training school was in the capable hands of Miss Black. Because there was no proper home for the nurses in training their number had been restricted.

Miss Charlotte Black, the matron, reported that there had been 16,474 hospital days in 1921. There had been 150 births, 31 deaths and 242 operations. Eight pupils nurses had been accepted, six of whom were continuing. There were six more

applications on hand from as far distant as Manitoba and Alberta and in British Columbia. The health of the staff had been good except for a few minor complaints. There was great need for a nurses' home and for better accommodation for the training school. The laboratory installed during the year had been of great value. A reference library was necessary. The senior nurses in training had during the year taken up chemistry and household science under Miss B. Macdonald and Miss Marcellus. There were 17 members on the staff, seven graduates and ten pupil nurses. Miss Black thanked the board and the Ladies' Auxiliary for their co-operation.

Financial Statement.

The financial statement presented by Major Gizon, secretary, and G. V. Eviit, auditor, showed that the total revenue for the year had been \$69,036.65, hospital fees comprising \$43,955. of this sum provincial government grant, \$8,950.50; city grant, \$11,534.80; liquor profits, \$1,476.47, and special B. C. Government building grant, \$2,500. The revenue exceed expenditure by \$3,960.93 although it was not actually paid, a certain amount of the fees always being more or less of a "bad debt" nature. The chief expenditures were: kitchen supplies, \$13,160.76; salaries, \$19,673; surgical supplies, \$5,526.05; fuel, \$3,500.48; laundry, \$3,729.50; maintenance of building, \$11,358.30. The assets of the association were valued at \$67,635.76 and exceeded liabilities by \$55,138.62.

Judge Young.

Judge Young, who was present at the meeting, explained on behalf of the Red Cross Society that \$2000 had been given to the hospital for the object of installing steam sterilizers in the operating room instead of the present crude gasoline appliances. Two heating plates were also to be put in. All that was now necessary was the providing of plans and specifications by the board which the Red Cross Society naturally wished to see. The reports for the year seemed very satisfactory and it was very refreshing to find that the local hospital had an excess of revenue over expenditure. Usually it was the other way around

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CONSUL TELLS OF EXPERIENCES

Vancouver Rotarian Extends Invitation to Local Club to Attend Conference.

American Consul Wakefield, was the chief speaker at the Rotary Club luncheon yesterday afternoon. He told the club some of his experiences in the consular service and in his inimitable manner interlarded the narrative with many humorous anecdotes.

The consul said he had seen service in practically all parts of the globe and his experiences had been many and varied. He found that it was necessary for a consul to be everything from a cook to a supreme court judge. His preconceived ideas and ideals of the service had been rudely shattered. What a consul missed more than anything was the permanent home which most people enjoyed. They were sent from post to post, often with the briefest possible notice.

Mr. Wakefield told of the ingratitude of those who had been aided at different times by money from his own pocket. Among the places where he had officiated was Harzooon. It was one of the poorest cities in the world so that one year was sufficient for a man born in a temperate climate. He had some interesting experiences there. Another post was Port Elizabeth in South Africa where the sun shone 325 days out of the 365 so that everybody tired of it and would give anything for even the bit of rain we had in Prince Rupert. When there was rain it was the result of thunderstorms or cloudbursts. In South Africa the intermingling of Dutch and Afrikaners was a great problem.

Rotary Conference.
A. W. Gavin, manager for British Columbia of the Taylor, Forbes Co., extended a special invitation to the members of the club to attend the big Rotary Conference in Vancouver. There were between 2500 and 3000 expected to be there. The Capital Theatre had been taken for both afternoon and evening of one day and the skating arena had been secured for the serving of the big banquet when all sat down together. He promised a wonderful time to all those who attended.

PRESENTATION TO MRS. F. W. HART BY PYTHIAN SISTERS

The Pythian Sisters held a surprise party last night at the home of Mrs. F. W. Hart, Ninth Avenue West, and presented that lady with a cut glass dish as a mark of appreciation of her services as pianist at the meetings. The evening was spent in cards and music

THREE STARS OF THE GRIDIRON

**ALDRICH
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HALFBACK**

**WHITMORE
FORDHAM
TACKLE**

**WOLFF
RUTGERS
HALFBACK**

FISH DAY BALLAD

To tune of "Keep on Humming."

Keep on eating, yes eating fish all day;
Keep on eating it, no matter what they say—
God, sole or halibut,
Salmon or herring—
Just keep on eating it,
Cooked in pot or pan or grill.

Keep on eating, at breakfast, dinner, lunch,
Give us enough of it to feed the god darn bunch;
As food it's splendid,
Builds brawn and brain;
Eat all you can and when
You've finished start and eat again.
—Man in the Moon.

Dr. Jos. MAGUIRE . . Dentist . .

is paying a visit to Vancouver and will return on February 15 to his Office, Rooms 7 and 8 Smith Block

UNION STEAMSHIP CO. OF B.C., LIMITED.

Sailings from Prince Rupert:
For Vancouver, Victoria, calling at Swanson Bay, Ocean Falls, Tuesday, 8 p.m.
For Port Simpson, Nees River, Ayas and Alice Arm, Sunday, midnight.
Calling at Oceanic and Nees Harbor on sailings Oct. 23, Nov. 6, 20, Dec. 4, 18, Jan. 1.
Calling at Somerville, Kameo, Mill Bay on sailings Oct. 16, 30, Nov. 13, 27, Dec. 11, 25.
625 Second Avenue JACK BARNESLEY, Agent Prince Rupert, B. C.

SCHOOL BOARD HAD MEETING ON ESTIMATES

Decide on Senior Matriculation Class and Gas Engine Instruction, Also on Fire Escapes.

SALARY SCHEDULE WILL LIKELY HAVE REVISION

The school board, with all members present, was in session last night from 8 o'clock to 11:30, the business being the consideration of estimates for the year 1922. Several decisions of more or less importance were made and it is hoped to have this part of the business all cleaned up at the next meeting to be held February 8.

It was decided by the board to open a senior matriculation class in connection with the High School next fall and provision will be made in the estimates. The first session will be held after the next summer holidays, when it is expected there will be at least twelve pupils ready. The decision was unanimous, but the matter of tuition fees was not taken up. The teacher will be appointed later.

Provision will also be made for the including in the estimates of money to purchase a gas engine for the manual training school. Instruction along this line is not provided for in the regular curriculum, but it felt by the board that it was of great importance in such a place as Prince Rupert and might well be taken up.

The board is to call for tenders for the building of fire escapes at the Booth Memorial School, the cost being estimated at about \$1000.

At the next meeting there will likely be a revision of the salary list, but no increases are likely to be made.

A contract has been let by the Simmons Construction Co., the contractors for the erection of the superstructure on the big dock, to A. S. Lewis of Prince Rupert for painting, glazing and kalsomining on the building both inside and outside. The work it is estimated will take ten weeks to complete.

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