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See Ourselves As Others See Us.

Sometimes it is wise to try to see ourselves as others see us. When we read accounts of visits to Prince Rupert or district and they seem to be a little critical, we must always remember that we are biased in our views and also we are sometimes a little touchy on some points. We cannot expect visitors to agree with our viewpoint. While here they usually avoid saying anything which they think will hurt our feelings but when they get away they become less careful and we are apt to hear things which we do not always like.

We welcome all criticisms. They help us to see things in the right light. Our own close vision is bound to be distorted and by getting the view of the independent person, even though we may know it to be only a partial view, is instructive and tends to help us set right some of the things which at present are a little awry.

Drifting Around In North Pacific.

For over three weeks the big freighter Shinkoku Maru was drifting in the north Pacific and in close wireless touch with the rest of the world, yet eventually she was allowed to go ashore and at the time of writing it is not known what was the fate of the greater part of the crew.

In order to pick up this big vessel it was necessary to send south for a big tug. This absorbed a lot of time and meanwhile the big vessel was at the mercy of the waves and winds eventually driving ashore on a hostile coast, exposed to all the winds and storms.

Had there been a big tug here and had that big tug been called on at once, the vessel could have been saved and there would have been no risk of losing the crew. This seems to be the reasonable location for a salvage plant. The one at Victoria is subsidized by the Dominion government and it is a useful institution. The question whether Prince Rupert should not also have a salvage station with headquarters at the local dry dock is one that will have to be considered before long. It seems a disgrace to lose a vessel that has been drifting for three weeks.

Future Of City Depends On Election.

This is the time the civic elections are fought. Putting candidates in the field is a large part of the work of the election. Just now there seems to be a good deal of doubt who is in the field and who is not. There are rumors of some withdrawing and others offering their services. The time is getting short and electors are wondering who they may be called upon to vote for. It seems only fair to the electors that the men who intend to be in the field should declare themselves soon. Much depends upon the quality of the men offering for the offices of mayor and aldermen. Without good men offering it is impossible for the electors to make a wise choice.

REFUND OF TAXATION IS NOT ENTERTAINED

Council Has Report From Finance Committee With Respect to Cold Storage Property

In connection with an application from the Canadian National Railways for refund of alleged excessive taxation on the waterfront land occupied by the Canadian Fish & Cold Storage Co., the finance committee reported to the city council last night that nothing had been collected improperly and therefore there was nothing to refund. The report was adopted.

Ald. Stephens explained that the matter had arisen out of an assessment made three or four years ago which had resulted in higher taxes. No appeal had been made at that time and the finance committee took the position that it had no right to pass judgment now after the assessment had once been accepted by all parties concerned.

The Man in the Moon SAYS--

THERE'S still plenty of egg-ing on during an election but not as much egg-ing off as formerly.

THE British elections are proving exciting for the little Welsh wizard but not quite up to the standard set by New York.

THE big laugh is coming. Britain and the Yukon are both turning cold and the black diamond jewelry merchants will very soon be giving us the ha ha too.

IT might even have been in Prince Rupert where a fire in a restaurant had the effect of bending several of the steaks.

DID you ever seriously consider why it is that drummers are good talkers? If you did you will have remembered that they live away from home most of the time.

DID you ever stop to think how much easier life would be if hens laid ham and eggs and also cooked them?

THE reason why so many people have headaches is that disease always attacks the weakest spot.

Ten Years Ago In Prince Rupert

November 27, 1913.
 A powder man named Swensen was blown from a coyote hole in the excavation at the G.T.P. yards last night and instantly killed. His brother was a witness of the gruesome accident.

In a very disappointing boxing match at the Westholme Theatre last night, Joe Bayley of Victoria, knocked out Jimmy Walsh of Montreal in the fifth round. Jack Keefe was referee and Dr. H. E. Tremayne examined the contestants.

Seattle herring fishing men declare that the industry has dwindled to nothing because of the record killing of whales during the past summer. Whaling will have to be discontinued in Alaska if the herring and halibut fisheries are to survive, it is stated.

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CRUEL SLANDER OF BRITISHERS

Japanese Publish Tale Against Officers and Men of P. & O. Vessel

The Hook, the Vancouver weekly published by J. S. Cowper, formerly editor of the Prince Rupert Daily News, publishes the following:
 Do you know that some malevolent persons have made the recent earthquake in Japan the occasion for the most shocking piece of racial enmity propaganda between England and Japan that has been known in the last decade.

Do you know that English officers and sailors are charged—on the alleged information of "the American Navy"—with the wickedest kinds of crimes against helpless women? If you do not, ask any Japanese in this city. They all know about it through their language newspaper, the "Fairiku Nippo," published at 135 Cordova Street, Vancouver.

Rapine and Murder
 We will tell you the story, so that it may come to the notice of the authorities and be silenced by official Japan before it does any more of its deadly work.

You will recall the noble work done by Capt. Robinson and the officers (including the underpaid ones) of the C.P.R. steamer Empress of Australia during the earthquake at Yokohama. The world rang with the story of their gallantry. Other British crews did similar noble work on a smaller scale.

But under the heading (freely translated "Violation by English Ship in Yokohama Discovered by the American Navy" the Fairiku Nippo tells the following story in the form of a San Francisco dispatch:

"One of the P. & O. steamship company merchant vessels took an outrageous action against defenceless Japanese women sufferers in the recent catastrophe in Japan. The S.S. Tairo Maru, which is now in the harbor of San Francisco, gives the following news to the newspapers in San Francisco and to this paper: "This P. & O. freight vessel was in the harbor of Yokohama in the recent earthquake of Japan. This ship took six hundred sufferers to the Bay of Shimidzu safely and gave the sufferers every possible assistance. Therefore, the Japanese government thanked the officers and crew of this ship from the bottom of their hearts.

Immoral Happenings
 "But unfortunately on the second trip, news of immoral happenings was wired from the American Navy to the Japanese government. As the American Navy was heading to Yokohama, one of the crew discovered a Japanese woman crying for help in the sea. After picking up this woman, she gave the following information to the American officers: She said that the officers and men of the P. and O. vessel had commenced acts of violation against the Japanese women as soon as they had their vessel clear away from the coast. Both officers and men were concerned in these excesses. Women who consented to be their victims were allowed to live, and later released; those who refused were thrown alive into the sea.

"The officers and crew of this boat were arrested and are now in prison in Kobe. We cannot publish the name of the ship on account of police regulations."

A Cruel Slander

The shocking nature of this charge may be negated in our own minds by its manifest evidences of worthlessness—its anonymity, its origin, credited to a woman rescued from the sea amid horrors that turned thousands insane, the impossibility of such rapine occurring on a British ship of any kind let alone a P. & O. line, whose discipline is akin to that of the Navy. There are other internal evidences to discredit this story, which will suggest themselves that the story is receiving the widest circulation and discussion among the Japanese people on the Pacific coast. Officials of the Canadian Japanese Association who are convinced that the story is a baseless and foolish one, are doing what they can to quiet their people here. But ask ten Japanese people whom you meet, and nine of them will shake their heads and answer gravely "Very bad business." One man volunteered the information "English

The cry for whole wheat

A wider food intelligence means an increasing demand for whole wheat products. Modern milling processes do not produce whole wheat flour. It can rarely be found in this country. Shredded Wheat Biscuit is 100 per cent whole wheat, and so thoroughly cooked that every particle of each crisp, tasty shred of flavory baked wheat is digested and converted into muscle, bone and brain. Contains all the food you need, and all the bran you need, to prevent constipation and its kindred ailments. Two Biscuits with hot milk and a little cream make a warm, nourishing meal.



TRISCUIT
 is the Shredded Wheat cracker—a real whole wheat toast—eaten with butter, soft cheese or marmalades.
 The Canadian Shredded Wheat Company, Ltd. Niagara Falls, Ontario

Shredded Wheat

sailor very bad lot." Worst of all, a professor from Taideia University, Professor Takayanagi, who passed through Vancouver a couple of weeks ago, was seen by the local newspaper and according to a brief statement it makes "confirmed the story and said it was "a very bad and how his opinion given off-hand could be made to look like a complete confirmation of this preposterous, cruel and mischievous story." Prosperous advertising means continuous advertising.

Why Men "Crack" When on the Highway to Success



What Do These Things Tell You?
 "SLEEPLESSNESS" Doctor Kennedy tells us, "is one of the commonest signs of nervousness. Another is physical unrest. You are showing signs of nervousness when you cannot keep from twitching your eyebrows, shrugging your shoulders, swinging one foot when your legs are crossed, or when you cannot sit at a desk or table without continually tapping with the fingers."

THE worry and strain of recent years has been too much for many business and professional men who have not been able to break away from the details and anxieties associated with their occupations.

In a moment you will recall many who have broken down suddenly just when they appeared to be in their prime.

Some have had their lives snuffed out while others have lingered as invalids, lacking the energy and nerve force necessary for the pursuit of their vocations.

The warning symptoms as outlined above by Dr. Kennedy in the American Magazine for October are well worth a careful study, because with this knowledge you can then detect the indications of failing nervous energy while yet there is time to prevent serious results.

A few days away from the scene of

The nervous man very often finds that he cannot concentrate on one task, but continually goes from one thing to another. He is also very apt to lose interest in the work and recreations that formerly gave him pleasure. And he is easily fatigued. Nervous fatigue is most commonly indicated by a constant feeling of tightness around the head.

your worries, rest and moderate exercise in the open will help to get you started on the way to better health. Your recovery will be greatly hastened by the use of Dr. Chase's Nerve Food.

Your digestive system has failed to supply proper nourishment to the nervous system. And when thus exhausted the nerves fail to control the digestive fluids of the stomach. On this account outside help is necessary, such as Dr. Chase's Nerve Food, before you can get back your strength and vigor.

You will not be using this restorative treatment long before you will find yourself sleeping and resting better. And this is what you need above all else. The old energy and vigor will be felt throughout your system and you will be encouraged to keep up this reconstructive treatment until you feel entirely yourself again.

Dr. Chase's Nerve Food
 50c a box, all dealers or Edman son, Bates & Co., Ltd., Toronto.

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