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No wonder people regard "Fruit-a-tives" as a faithful family friend and are so eager to tell what it has done for them.

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As Mr. P. R. Boissinot, of LaBroquerie, Man., wrote: "For three years, I had to give up work; my arms were so swollen and I was so sick. I felt I would never be able to work on the farm any more. But one day, a cousin came to see me and advised me to take "Fruit-a-tives". Now, I am in good health. I rest well and do all my work. I can recommend "Fruit-a-tives" for Rheumatism that made me suffer so much and I thank you for this good remedy."

"Fruit-a-tives" is the wonderful medicine made from the juices of apples, oranges, figs and prunes and tonics—and is the only complete treatment ever discovered for Rheumatism, Pain in the Back, Lumbago, Neuralgia, Headaches and other troubles due to the improper action of the stomach, bowels and kidneys.

25c. and 50c. a box—at all dealers or from Fruit-a-tives Limited, Ottawa, Ont.

**FIRST PRIZE FOREST ESSAY**

Written by Miss M. J. Vera McInnes of North Bulkley, High School Student

**PROVINCIAL SERIES**

A few years ago the popular cry throughout the Bulkley Valley was "Burn off the forests and bring in more settlers."

Many people heeded the cry and numerous fires were started by misguided individuals who were under the impression that the removal of timber was essential to the development of the country. They did not stop to think how the settlers were going to make homes without timber, or to live during the long winter months without some income which is mostly derived from tie-making and logging in this northern country. They forgot that during the summer months great numbers of tourists go through our country and bring a large annual income to our province. If these tourists come they look for some scenic beauty. Where is this going to come from if we burn the timber? Surely tourists will not come to see black logs and bits of charred sticks and stumps? If the timber is burnt the prosperity and wealth of British Columbia will be ruined.

The time has come when we should give warning and protect our forests. Already this spring we have seen a number of fires and consequently have had our valley filled with smoke. The air is stifling and is not what most of us enjoy.

**Necessity of Forests**

Forests are necessary to people living in a valley because they serve to protect the watershed. In this way they screen the snow from the sun and the creeks and rivers do not overflow and destroy the farm lands.

Forests serve as homes for fur-bearing animals which are another source of wealth to our province.

Green leaves attract the rain and the ground does not become parched or dry and the plants do not die.

Fires destroy all these advantages and in 1922 there were over two thousand fires. About five hundred thousand dollars were spent fire-fighting. Is not this a direct loss to our government and does it not tend to impoverish our province?

It takes about one hundred years for a forest to grow; but a few hours are sufficient to burn it down. Reafforestation is not easy nor quick. The value of forests destroyed in 1922 was over one million dollars. Every year two billion feet of timber are cut in British Columbia.

**Causes of Fires**

Of the causes of forest fires, carelessness of campers is said to be the chief. Is it not as easy to build a fire on some rocks in the open as to put it against a tree in the forest? Let us remember our forest rules when we approach a forest and say to ourselves the following lines:

"Evil is wrought by want of thought  
As well as by want of heart."

Forests seem like guards. Whatever happens they have to protect all below them and not move from that piece of ground. So when fire attacks a forest, the trees are unable to escape the flames.

Let us imagine a battle between a forest and a fire! The forest is trying hard to defend itself against the fire which it finds a veritable Hydra or Lerna. The tops of the tall trees are the scouts and they sway to and fro in the blue sky blown by a breeze and encircled only by a screen of smoke. The birds are twittering and singing their melodies among the branches and the animals, fearing no danger, are busily engaged providing food for their young. The smaller trees are singing lullabies to the plants at their feet when they are informed of the approaching enemy.

A great noise is heard which is the roaring fire. The birds and animals which have heard the warning have taken to flight but those who are less fortunate are smothered. The forest is no match for the foe and soon nothing is left to tell the story but a few burned logs and charred sticks.

**Best Forest Service**

No forest service can save the forests from fire unless it is

**Guinea Gold CIGARETTES**

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**THE DAILY NEWS**  
PRINCE RUPERT - BRITISH COLUMBIA.

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**PUPILS' RECITAL AT WALKER'S MUSIC STORE**

Miss Way's Students Give Enjoyable Musical Event Before Examiner and others

A particularly interesting musical recital was given last night in Walker's music store by the pupils of Miss Way and many appreciative remarks were heard in regard to the excellence of the work done by their instructor. Toronto Kibb, examiner for the Toronto Conservatory of Music, expressed his pleasure at the playing of the students and said he hoped there would be a large entry list for 1925. There were a good many of the parents and friends of the students present. The program follows:

**Program**

- Violin and piano selection, Miss Audrey and Master Gordon Parkin.
- "Flight of the Swallows" (Lange) The Misses Williams, Parkin and Mitchell.
- "A Curious Story" (Heller), Miss Amelia Pillsbury.
- A Waltz (Hemy), Miss K. McNeenan.
- "Minuet in G" (Bach) Miss J. Ritchie.
- "Narcissus" (Slater) Master R. Fuller.
- Allegro and Intrata (Clementi & Bach) Miss Edith Kerzan.
- "Old Folks at Home" (Instruction book) Miss R. Berner.
- Tarantella (Garliti) Miss E. Moxley.
- "Romance in F" (Berger) Miss Irene Mitchell.
- "In the Garden" (Gurlitch) Gwen Brady.
- "Allegro" (Clementi) Miss R. Lee.
- "Awakening of the Birds" (Lange) Two pianos, Misses V. Krevesky, G. Brady and Master A. Thompson.
- Trio "Triumphant March" (Goldschert) Misses R. Winslow, C. Morgan and L. Hanson.
- March—(Holst) Miss Connie Morgan.
- Duet — "Andante" (Haydn)

**PICNIC FOR NURSES AT MCNICHOLL BEACH**

Number Attended Interesting Event and Have Most Enjoyable Time

A party of some thirty-five young people were entertained at a delightful picnic last evening at McNicholl Creek beach in honor of the five graduates of the 1924 graduating class of the Nurses' training school by Miss Edith McCaul, matron and members of the graduate and training staff of the general hospital assisted by the doctors. The party was taken across the harbor in launches, Sunbeam, Sunbeam III, and Gwen. Delicious refreshments were served upon arrival, under the supervision of Miss McCaul, and the evening was enjoyably spent in the playing of games and community singing.

**SALT LAKES SERVICE**

The Launch "23" will leave Swanson's Float on Thursdays, Saturday and Sunday afternoons every half hour from 1 p.m. until 6.30 p.m. and on other weekdays at 2, 4 and 6.45 p.m.

The last boat home each day will leave the Salt Lakes float sharp at 7 p.m.

Sunday and holiday picnic parties specially arranged for. Launches, rowboats and canoes for sale and hire.

Prince Rupert Boothouse.

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backed by public opinion. Let every man, woman and child make him or herself an apostle of forest protection and propagate the gospel by example as well as by precept. Save the forests, and ensure prosperity to all.

**The Man in the Moon SAYS—**

(Note—The foregoing essay written by Miss M. J. Vera McInnes, was awarded first prize for Prince Rupert district in the high school class of the provincial forestry department's essay competition on the subject of "Forest Fires, their effect and how to prevent them." Miss McInnes is 15 years of age and is a student at the North Bulkley school. Her teacher is Miss R. O. Stewart. Other prize winning essays for this district will be published from time to time.")

**PARENT-TEACHERS ANYOX FAREWELL TO TEACHING STAFF**

ANYOX, June 21.—The last meeting of the Parent Teacher's Association before the closing of the schools was in the nature of a good-bye to the teachers who will soon be departing on their summer vacations in the south and elsewhere. Quite an extensive program had been arranged, and with the president, Mrs. O. K. Dyer in chair, was carried out to the enjoyment of all present. The program as rendered was as follows:

Welsh songs, the Misses Owens; French-Canadian sketch, Masters Gillis and Barclay; Daisy Chain Dance, pupils of Miss Leitch; group of songs, Mrs. R. Lamborne; sailor's hornpipe, Misses Dora Grigg, Joan Whelan and Jean Robertson; recitation, Mrs. J. Lawrence; pianoforte solos, "Alice, Where Art Thou," and "Paderewski's Minuet"; group of songs, Mr. Murdoch; trombone solo, Mr. S. Steele. After the concert, dancing was indulged in and refreshments were served.

**ANYOX PREPARES FOR BIG CELEBRATION**

ANYOX, June 21.—The program for the celebration of Dominion Day in Anyox as arranged by the Community League will give a wide variety of entertainment, and would seem to be the most ambitious effort yet attempted. There will be marathon races for men and boys, two baseball games between Ketchikan and Anyox teams, a tennis tournament, a football match, a fall afternoon of field sports, a supper to the visiting ball players, the

celebration concluding with a dance in the gymnasium. The prizes for the field sports will be the most valuable ever offered in Anyox, comprising among other things, sides of bacon, hams, sacks of flour, etc.

**The Man in the Moon SAYS—**

If you wish to make the world safe for democracy, abolish the millions of autos, fast trains, microbes, and other destructive agencies.

THIS is the day when people think up excuses for being beaten.

WHAT I don't understand is why some people get excited over politics.

RUNNING a newspaper is interesting enough when forty people advise how it is to be done, but think what fun there must be running a national railway with five million people all wanting to take a hand in the business.

THE trouble with folks is that they are too much like other folks.

NOW that the elections are all over, what about getting down to business for a little while until the exhibition begins.

**Work**

What I hate is work! You'd think I was a Turk. To see the way the boss just lays it on.

I should really like to be on an island in the sea. To lie upon the sand with nothing on.

Yes, it's work and then more work. Yet I would not like to shirk. And have it thought I couldn't do my bit.

I would rather dig and slave And go early to my grave Than have men say to live I was not fit.

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**"Worth \$100 to Me Relieved Eczema and Piles"**

Mrs. Peter A. Palmer, Saltburn, Sask., writes:

"Dr. Chase's Ointment has completely relieved me of eczema and piles. I also used this Ointment for my baby, who broke out in eczema. A few applications were all that was necessary in her case. Dr. Chase's Ointment has been worth a hundred dollars to me,—before using it I had spent a great deal more than that in unsuccessful treatment from doctors. We have also used Dr. Chase's other medicines, the Nerve Food having restored my health after suffering from severe nerve trouble when a girl."



**Dr. Chase's Ointment**

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