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\$6.75

Men's Work Shoes, all solid leather

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Cartage, Warehousing, and Distributing. Team or Motor Service.
Coal, Sand and Gravel.
We Specialize in Piano and Furniture Moving.

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Situate in the old Empress Hotel Building.
Rooms to Rent by Day, Week or the Month.
Steam Heated. Hot and Cold Water.
POOL TABLES.
First-class Restaurant in connection.
James Zarelli - Proprietor.

BRINGING UP FATHER



PLAYING OF GOLF IS BAD FOR BRAIN FAG

Only Benefit Such Sufferers Get When They Smash Their Clubs

LONDON, Jan. 3.—If your brain is tired, don't play golf. For, says Dr. Harold Dearden, it is the worst of all forms of exercise for the brain worker. The only benefit you get is when you smash your club after missing a three-foot put on the last hole.

Dr. Dearden has scientific reasons for saying all this. In The World Today he writes in an article on physical training as a cure for neurasthenia.

"Golf involves performance in sequence of a number of highly co-ordinated actions, in most cases attended with indifferent success. The whole affair is commonly a firm one carried out in a sort of restriction of the nervous system inimical to rest. It is likely that when the frenzied, despairing golfer breaks his club across his knee, he comes closest to deriving benefit from his so misguided selection of a hobby."

But Dr. Dearden believes in other games, but not games that involve the competitive spirit. They cause men to forget fatigue, he says, and he over-exerts while at the same time playing at high nervous tension.

Sport Chat

Establishing a record for championship activity, the pugilistic season of 1923 has taken rank as the most spectacular, if not the greatest ever witnessed.

Nine battles with world's championships at stake, in five of which titles changed hands, were fought during the year, the climax coming sensational when Jack Dempsey successfully defended his heavyweight crown by knocking out Luis Angel Firpo, Argentine challenger, in the second round at the Polo grounds.

With the exception of Joe Lynch, bantamweight king, and Mickey Walker, welterweight titleholder, all of the world's champions risked their titles in important matches and the end of the season found four newistic rulers at the top. They are Pancho Villa, Filipino whirlwind, who knocked Jimmie Wilde little Britisher from the flyweight throne; Johnny Dundee, New York Italian, who battered Eugene Criqui, French war veteran, into defeat two months after the latter had knocked out Johnny Kilbane for the featherweight sceptre; Harry Greh, Pittsburgh "windmill," who deprived Johnny Wilson, of Boston, of middleweight laurels; and Mike McTigue, Irish-American, who won the light heavyweight crown by outpointing Battling Siki, the singular Senegalese, on St. Patrick's Day in Dublin.

Criqui, Wilde and Firpo gave a decided international turn to the year's program. Battling Siki,

To Look Young

is a valuable asset to women in business, social and private life. Nothing helps so much as a good digestion. Poor elimination causes one to look sickly and faded.

BEECHAM'S PILLS

sweeten the stomach, stimulate the liver, promote elimination. This helps purify the blood, improve the complexion, bring the roses back to the cheeks. To look and feel young—Beecham's Pills

Will Help You

Sold Everywhere in Canada.

Largest Sale of any Medicine in the World.

lightweight king, remained masters of their classes. Besides battling Firpo, the heavyweight titleholder defended his crown against Tommy Gibbons, of St. Paul, in the little Montana boom town of Shelby on the Fourth of July, failing to score a knockout but winning decisively on points in 15 rounds. Leonard met his foremost rival, Lew Tendler, once more and scored a decisive victory in a 15-round match at the Yankee Stadium.

Kilbane, ruler of the featherweight realm for more than ten years, and Wilde, long king of the flyweights, were two veterans who passed into the discard. Jess Willard, Kansas man mountain, started fans with a comeback that seemed promising when he knocked out Floyd Johnson, young Iowan, but faded into oblivion under the crushing right of Firpo in a July battle at Boyle's Thirty Acres. It was Willard's first ring campaign since losing the heavyweight title to Dempsey at Toledo in 1919, and its result effectively erased his long cherished hope of a return match with the Manassa Mauler.

Harry Wills, New Orleans negro who has been an outstanding contender for Dempsey's title for two years, failed once more in efforts to obtain a championship match. Inactive most of the year, Wills began a campaign early in the winter to establish his title contentions. Another promising contender emerged in Jack Renault, hard-hitting Canadian, while Gibbons is seeking a return fight with Dempsey.

Criqui, Wilde and Firpo gave a decided international turn to the year's program. Battling Siki,

picturesque conqueror of Georges Carpenter, invaded America toward the close of the year but met defeat in his first fight, a 15-round match with Kid Norfolk, New York negro. Abroad, Carpenter staged a come back, knocking out Joe Beckett, of England, in one round, and plans to visit America again in quest of lightweight honors early in 1924.

CHARGED WITH LIQUOR PIRACY ON HIGH SEAS

Master of Ship Arrested at Halifax in Connection With Liquor Cargo

HALIFAX, N.S., Jan. 3.—Dr. Andrew Gauvreau, a native born Nova Scotian, said to be naturalized in the United States, skipper of the schooner Douglas B. Conrad, was arrested here on the arrival of the Halifax and Southwestern Express, at the request of Lunenburg, N.S., police, charged with piracy on the high seas in connection with the procuring and disposing off the American coast of \$50,000 worth of liquor.

It is understood that the charge is brought by Moses Beliveau, of Church Point, N.S., owner of the "Lucille B." said to have lost \$50,000 worth of liquor in a transaction at sea last August. A police officer from Lunenburg will arrive tomorrow to take Gauvreau back to that town for hearing. His schooner is now at Lunenburg, to which port it came for supplies. It is held here on a writ of attachment.

ANGLO-ARGENTINE GIRL SWIMS ACROSS PLATE RIVER: 30 MILES WIDE

BUENOS AIRES, Jan. 3.—A twenty year old Anglo-Argentine girl swimmer, Lillian Harrison, has completed a swim across the river Plate, being the first person to accomplish the feat. She started Friday from Colonia, on the Uruguayan side, and reached Punta Lara, near La Plata, a distance of about 30 miles, Saturday morning. She swam for twenty-four hours, nineteen minutes.

WIRELESS REPORT

8 a.m.
DIGBY ISLAND.—Part cloudy, calm; barometer, 30.31; temperature, 33; sea smooth; 8 p.m. spoke Admiral Rogers bound from Wrangell to Ketchikan 10 miles from Ketchikan.

DEAD TREE POINT.—Cloudy, strong southeast wind; barometer, 29.91; temperature, 35; sea rough.

BULL HARBOR.—Cloudy, strong southeast wind; barometer, 30.10; temperature, 33; sea rough; 8 a.m. spoke steamer Chelohsin due Shushartie Bay 9 a.m. southbound.

Noon
DIGBY ISLAND.—Overcast.

WANTED
MOLER BARBER COLLEGE wants men and women to learn the Barber Trade. Paid while learning. This is your opportunity to learn a trade and get into steady employment. Graduates earn from \$40.00 to \$50.00 per week. Write for free catalogue, 50 Hastings E. Vancouver.

HOUSEKEEPER Wanted.—Apply Box 156 Daily News Office, 4

FOR SALE
FARM FOR SALE.—160 acres top and bottom land, dark loam soil. Location and water good year round. River through property. Present crop fruit, vegetables, hay. Stock included in price. For further information apply W. Prettyjohn, Lawhill, Queen Charlotte Islands, B.C.

FORD SEDAN for Sale, in good running order. \$400.00 cash. Terms as desired. Phone 93.

BUILDING for Sale.—Used as news stand on Government Wharf. Apply A. C. Little.

FOR SALE—Baby buggy in good condition. Phone 175.

FOR SALE—Baby sleigh in good condition. Phone 175.

FOR RENT
STEAM Heated Flat for rent. Besner apartments. M. M. Stephens.

BOARD
BOARD.—The Inlander, 1830 Second Avenue. Phone 137. tf

MISCELLANEOUS
G. ANDERSON, Sailmaker—Sails and Tarpaulins made to order and repaired. Third Avenue, opposite Pioneer Laundry, Phone Green 392. P. O. Box 723.

Light east wind; barometer 30.30; temperature, 33; light swell.

DEAD TREE POINT.—Rainy, strong southeast wind; barometer, 29.91; temperature, 35; sea rough.

BULL HARBOR.—Cloudy, strong southeast wind; barometer, 30.22; temperature, 33; sea rough.

WEDNESDAYS, THURSDAYS, FRIDAYS, SATURDAYS, SUNDAYS

MAIL SCHEDULE
For the East—
Mondays, Wednesdays and Fridays, closes at 5:30 p.m.

From the East—
Mondays, Thursdays and Saturdays, 4:30 p.m.

From Vancouver—
Sundays P. M.
Wednesdays 4 P. M.
Fridays A. M.
C.P.R. January 14 and 28.

To Vancouver—
Tuesdays, Mail closes at 4 P. M.
Fridays 8:45 A. M.
Saturdays A. M.
C.P.R. January 18.

To Anyox, Alice Arm, Stewart, Premier—
Wednesdays 10 P. M.
From Anyox, Alice Arm, Stewart, Premier—
Fridays A. M.

To Port Simpson, Alice Arm, Anyox, Stewart and Premier—
Sundays 7 P. M.
From Port Simpson, Alice Arm, Anyox, Stewart and Premier—
Tuesdays A. M.

To Alaska Points—
January 14 and 28.

From Alaska Points—
January 18.

To Queen Charlotte Island Points—
January 2, 16, 30. Closes 6:30 p.m.

From Queen Charlotte Points—
January 14 and 28.

To Naas River Points and Port Simpson—
Thursdays 10 P. M.
From Naas River Points—
Saturdays A. M.

***** PRINCE RUPERT TIDES *****

Thursday, January 3
High 10:37 a.m. 22.0 ft.
23:35 p.m. 19.0 ft.

Low 4:16 a.m. 7.3 ft.
17:18 p.m. 3.3 ft.

Friday, January 4
High 11:30 a.m. 22.7 ft.
5:18 p.m. 6.9 ft.

Low 18:12 p.m. 1.9 ft.

Saturday, January 5
High 0:33 a.m. 19.7 ft.
12:24 p.m. 23.2 ft.

Low 6:17 a.m. 6.5 ft.
19:02 p.m. 0.9 ft.

Sunday, January 6
High 1:26 a.m. 20.3 ft.
13:10 p.m. 23.3 ft.

Low 7:11 a.m. 6.3 ft.
19:49 p.m. 0.3 ft.

By George McManus



SCHEDULE OF BASKETBALL

Program of Games for Winter Season

January
7.—Colts, High School; Teachers, Maple Leaf; Colts, Teachers.

11.—Kaiens, Adanacs, Regt., Grotto; Teachers, S.O.G.

14.—Grotto, Colts; Maple Leafs, Adanacs; S.O.G., Colts.

18.—Kaiens, Teachers; Regt., High School; Grotto; Colts, Teachers.

21.—Colts, Regt.; Maple Leafs, Kaiens; Teachers, S.O.G.

25.—Adanacs, Teachers; High School, Grotto; S.O.G., Colts.

February
1.—Kaiens, Adanacs; Regt., Grotto; Teachers, S.O.G.

4.—Grotto, Colts; Maple Leafs, Adanacs; S.O.G., Colts.

18.—Colts, High School; Teachers, Maple Leaf; Colts, Teachers.

March
1.—Kaiens, Teachers; Regt., High School; Grotto; Teachers, S.O.G.

4.—Grotto, Colts; Maple Leafs, Adanacs; S.O.G., Colts.

8.—Adanacs, Teachers; High School, Grotto; S.O.G., Colts.

15.—Kaiens, Adanacs; Regt., Grotto; Teachers, S.O.G.

April
1.—Kaiens, Teachers; Regt., High School; Grotto; Teachers, S.O.G.

5.—Adanacs, Teachers; High School, Grotto; S.O.G., Colts.