Principles of Chiropractic

THE EFFECT OF PRESSURE UPON A NERVE

The effect of pressure to lessen the conduction power of nerves is one which every one may demonstrate upon himself. For example, if pressure be brought to bear on the ulnar nerve where it crosses the elbow, the region supplied by that nerve becomes numb, "goes to sleep," as it were.

In like manner, mechanical applications to nerves first increase and later destroy their irritability. Thus pressure gradually applied first increases and later reduces the power to respond to irritants.

As stated last week, sufficient pressure may be applied to a nerve to destroy its irritability and conductivity without injuring the nerve itself structurally. Such pressure is exercised upon the nerves passing through the intervertebral openings by the misplaced margins of the foramen when a vertebrae is subluxated. The pressure does not crush or otherwise injure the nerve, but is sufficient to block the impulses which pass along that nerve. As a result, the organs which are deprived of these impulses undergo functional or organic aberrations, and disease results in the part supplied. The nature of the disease depends upon other contributing factors which may be present at the time of the sublaxation, or may appear later. In any event the subluxation, by promoting conditions in the organ which make disease possible in that organ, are the primary cause of that disease.

For example, a subluxation is produced in the lower dorsal or upper lumbar region of the vertebral column; no untoward effects may follow at once. But years later, perhaps, the individual develops typhoid fever. The reason that this occurs is simply that the intestines which are the atrium of infection in this disease are in such a state of diminished resistance that they form a favorable culture-medium for the multiplication of the typhoid bacilli and the elaboration of their toxins. It is for this reason that the fever subsides so rapidly when these subluxations are corrected—because the elaboration of the toxins, which are cause of the fever, is arrested, favorable conditions for the activity of the bacilli having been eliminated.

Your consultation is invited.

R. E. EYOLFSON
CHIROPRACTOR
Phone Blue 85, 623-3rd Avenue W.

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Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE.
MONDAYS, THURSDAYS, 4.00 p.m., *SATURDAYS, 6.00 p.m.
*For ANYOX and STEWART, MONDAYS, FRIDAYS, 4.00 p.m.
For MASSETT INLET, MONDAYS, 4.00 p.m.
For SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly.
For SKAGWAY, WEDNESDAYS, 4.00 p.m.
*Boat arriving from South Friday, June 15th, returns same day to Vancouver, Sailing ANYOX and STEWART June 15th, and VANCOUVER 16th, cancelled.

PASSENGER TRAINS LEAVE PRINCE RUPERT
DAILY EXCEPT SUNDAY at 11.30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

AGENCY ALL OCEAN STEAMSHIP LINES.
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Canadian Pacific Railway
B. C. Coast Services
Sailings from Prince Rupert

To Ketchikan, Wrangell, Juneau, and Skagway—May 31, June 4, 11.
To Vancouver, Victoria and Seattle—May 27, June 4, 9, 16.
PRINCESS ROYAL
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B.C. PRODUCTS
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Local and Personal

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Dentist. Dr. J. R. Gosse. Phone 686

C. Dudoward of Port Simpson arrived from the south yesterday.

N. L. Freeman and V. Preston arrived yesterday aboard the Catala from Butedale.

Box cuttings for sale, large loads. For prices enquire at Hyde's Transfer. Phone 580. tf

Third Annual picnic of C.N.R. employees will be held on Sunday, July 1 to Terrace. 141

Olaf Hanson went out on today's train on a brief business trip to Smithers.

Miss Chrissie McKenzie of the City Telephone staff, left today for Smithers on a three week holiday.

Several people from Namu arrived here yesterday including P. Dwyer, Miss M. Dick and Mrs. Moorehouse.

A number of cannery hands for Wales Island arrived on the steamer Catala yesterday and continued on to their destination.

H. K. Woods, of Stewart, government road contractor there, was a through passenger going north on the Prince Charles today.

Garnet Watt, brother of Norman A. Watt, government agent, arrived in the city this morning on the Prince Charles on his way farther north.

Police constables A. J. Watkinson and R. C. Gilker returned from Vancouver yesterday aboard the Catala. They had been south in connection with the Sankey trial.

Inspector Spiller and Sergeant McNeill of the Provincial police department, returned to town this morning on the Prince Charles after attending the Sankey trial at New Westminster.

Constable Gibson, late of Port Essington and now of the city detachment of the Provincial Police, returned to town this morning accompanied by Mrs. Gibson and family after attending the Sankey trial.

Steamer Catala was rather late arriving yesterday afternoon pulling into the dock at about half past six and leaving again at eight. Capt. Johnson has charge of her, relieving Captain Dixon who is away on holiday.

Kenneth Ferguson the insurance man, president of the Victoria Canadian Club, arrived from the east yesterday and is making a trip to the mining camps on Portland Canal before returning here later in the week.

The Prince Charles arrived in port this morning direct from Vancouver with a good passenger list. There were a number of tourists from Montana making the triangle trip who were as usual delighted with the voyage and charmed with the courtesy and attention shown them by the personnel of the ship.

Arrivals on the Catala yesterday from the south included for Prince Rupert: D. McRitchie, A. McLeod, J. Lee, M Stewart, A. J. Watkinson, R. C. Gilker, H. L. Batten, Donald Martin, Donald McLeod, Mrs. N. R. Hamilton, J. Sankey, A. McKay, A. Spaulding, N. L. Freeman, V. Preston, P. Dwyer, Miss M. Dick, Mrs. Moorehouse, J. M. Smith, Jame Jack and D. Halderson. For Stewart: T. W. Falconer, E. S. Parr, H. E. Scovill, G. Liston, H. Fogg, Mr. and Mrs. H. H. Steves and Tom McIvor and L. T. Davis. For Alice Arm, G. Gustavson.

FUNERAL NOTICE.

The funeral of the late Mrs. John Wick will take place on Tuesday afternoon at 2.30 o'clock from the chapel of the B.C. Undertakers.

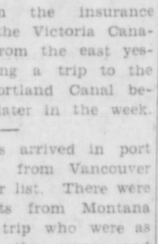
ANNOUNCEMENTS

Canadian Legion Picnic June 10.

I.O.D.E. Rose Carnival, Moose Hall, June 15. Vaudeville.

Moose Picnic, June 24.

"Build B.C."
Labels, Boxes And All



Down to the nails in the boxes Pacific Milk is a product of British Columbia. The owners have their homes here, so the profit from the industry is spent in the province. It is 100% British Columbian, the only canned milk that is.

PACIFIC MILK
Factories at Abbotsford and Ladner, B.C.
"Build B.C."

Lacrosse practice at Acropolis Hill tonight at 6.30.

For a Taxi Phone 290. Oscar Hanson, tand, Central Hotel. tf

V. Preston leaves this afternoon on the Prince Charles for Stewart.

Al Finnigan of Smithers, returned to the interior city on today's train.

J. Allen is a passenger leaving on the Prince Charles this afternoon at four o'clock.

John Dybhavn is leaving this afternoon to his cannery at Massett, sailing on the Prince Charles.

J. E. Lord, manager of the B.A. Cannery at Port Essington, went out to the cannery on this morning's train.

A recital by the students of Miss Way will be held tonight at 7.30 in the United Church. The recital will be open to the public.

The ladies of the Baptist Church are holding a tea and sale of home cooking at the home of Mrs. J. D. Thurber, Fourth Avenue East on Wednesday, June 13, from 3 to 6.

T. W. Falconer of Alice Arm, Conservative candidate for Atlin riding, arrived from the south yesterday aboard the Cataja and continued through to Stewart where she will engage in an active campaign.

H. T. James, district engineer, left this morning on the Prince Alice for the Stikine country. Bound for the same district is a survey party consisting of P. M. Monckton, G. Alger, Ernie Holt, V. Davies and Charles Walker.

Mrs. Dupuis, of Haysport, returned to her home there on the train this morning after a brief visit to the city. On Thursday, Mr. and Mrs. Dupuis will leave for St. Jacques L.Achigan, Quebec, on a two month's holiday trip.

The United Church picnic Saturday proved a great success. The party made three trips to Digby Island aboard the Salvage Princess and a splendid time was passed, races and games being carried out under the Sunday School officials.

Passengers sailing north this morning from here on the Princess Alice included for Atlin B. Vuccovich, J. R. Burich, C. J. Popovich, H. Kvalnes, Rev. R. Manwaring; to Whitehorse Eli Verreau, John Danal, C. Willox, S. Northay; to Dawson, P. H. Peterson; to Wrangell H. T. James, Charles Walker, V. Davies, Ernie Holt, P. M. Monckton, G. Alger, Rev. A. T. Hodgson; for Juneau, G. C. Goebel; for Ketchikan, Mr. and Mrs. J. Washburn, Jack Holmes, Mrs. McLeod.

USED GASOLINE AT KETCHIKAN

HARRY GRAHAM DIED AS RESULT OF EXPLOSION FROM LIGHTING STOVE

Says the Ketchikan Chronicle:

"Harry Graham, aged 30, single, picked up a can of gasoline thinking it was coal oil to build a fire and was so badly burned from the explosion which followed that he died at the Ketchikan hospital at 1.10 today.

"Deceased for the past year had been employed as deck hand on the Prince of Wales. He quit some time ago and has been staying at the residence of Tom Case.

"Last night he started to make a fire in the cook stove. After the explosion he was rushed to the Ketchikan General Hospital and attended by Doctor R. V. Ellis and Doctor Shelby C. Shurick, but was so badly burned that no hope was held.

"His home is in Anacortes."

SUMMER SCHEDULE OF C.N. COAST STEAMERS

The last sailing from Prince Rupert on the Spring Schedule is Sunday, June 10. During the week following, the "Prince Charles" arrives from the south Monday, June 11th, sails for Anyox, Stewart and Massett Inlet ports same day; returning sails for Vancouver 4.00 p.m. Thursday, June 14th. The "Prince George" arrives from the south and sails for Skagway, Wednesday, June 13th. The "Prince Rupert" arrives from the south Friday, June 15th and making Special Sailing returns to Vancouver 4.00 p.m. same day. Sailings for Anyox and Stewart, June 15th and Vancouver 16th cancelled. After this boats will arrive from south each Monday, Wednesday and Friday, 10.30 a.m. Sail for south each Monday and Thursday 4.00 p.m. and each Saturday 6.00 p.m. For full particulars this and other services call City Ticket Office, Phone 260. 138

WEATHER REPORT.

Haysport.—Clear, calm, temp. 60.
Terrace.—Clear, calm, temp. 59.
Rosswood.—Clear, calm, temp. 62.
Alyansh.—Clear, calm, temp. 66.
Alice Arm.—Clear, calm, temp. 65.
Anyox.—Clear, calm, temp. 65.
Stewart.—Clear, calm, temp. 52.
Port Simpson.—Light northerly wind, clear, temp. 64.
Hazelton.—Clear, calm, temp. 65.
Smithers.—Clear, calm, temp. 62.
Burns Lake.—Clear, calm, temp. 62.
Eighth Cabin—Clear, calm, temp. 60.
Echo Lake—Cloudy, calm, temp. 60.
Telegraph Creek.—Clear, calm, temp. 62.

DISTRICT READERS
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The Daily News

Who do not subscribe for the paper but who purchase occasional copies, will find it advantageous to remit $3.00 and have every copy mailed to their address for the next year.

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EGGS	
B.C. Fresh pullets	35c
B.C. Fresh firsts	40c
B.C. Fresh extras	45c
Local new laid	50c
FISH	
Smoked kippers, lb.	15c
Kippered salmon, lb.	25c
Smoked black cod, lb.	20c
Finnan haddies, lb.	25c
MEATS	
Fowl, No. 1, lb.	38c and 40c
Roasting chicken, lb.	45c
Broilers	45c
Ham, sliced, first grade	50c
Ham, whole, first grade	35c
Ham, picnic, lb.	22½c
Cottage rolls, lb.	29½
Bacon, back, sliced	50c
Bacon, side	45c to 55c
Pork, dry salt	35c
Ayrshire bacon, lb.	35c
Veal, shoulder	25c
Veal, loin	40c
Veal, leg	35c
Pork, shoulder	28c
Pork, loin	40c
Pork, leg	35c
Beef, pot roast	15c to 20c
Beef, boiling	12½c to 18c
Beef, steak	30c to 45c
Beef, roast, prime rib	32c
Lamb, chops	50c
Lamb, shoulder	35c
Mutton, leg	40c
Lamb, leg	48c
Mutton, chops	40c
Mutton shoulder	30c
BUTTER	
Brookfield, Shamrock and Woodland, lb.	50c
E.C.D., lb.	50c
Capitol, 2nd grade, lb.	45c
No. 2 grade, 3 lb. bricks	$1.40
Fraser Valley, lb.	50c
Alberta Creamery	45c
New Zealand, in bulk	48c
prints	50c
CHEESE	
Camembert cheese, 8 oz. pkg.	65c
Kraft Limberger, ½'s	35c
Ontario solids	35c
New Zealand solids	30c
Stilton, lb.	40c
Kraft	45c
Norwegian Goat	65c
Napoleon Limberger	70c
Roquefort	75c
Swifts' Brookfield, lb.	45c
Gorgonzola, lb.	75c
McLaren's Cream, jars	45c and 85c
Brookfield Swiss cheese, ½ lb. pkg.	30c
Gruyere	45c

NANAIMO CANDIDATE

NANAIMO, June 11.—Laurence Samson announced his candidature at the week end as an independent in the Nanaimo riding. V.B. Harrison, Conservative, is already in the field.

Miss M. Keller of Spokane Washington, arrived from the south on the steamer Princess Alice and will be visiting a couple of weeks with Mr. and Mrs. Norris Pringle, Fourth Ave. E.

PRINCE RUPERT TIDES

MONDAY, JUNE 11			
High		7:13 a.m.	16.7 "
		20:14 p.m.	18.1 "
Low		1:07 a.m.	8.8 "
		13:30 p.m.	5.9 "
TUESDAY, JUNE 12			
High		8:32 a.m.	16.7 "
		21:09 p.m.	19.2 "
Low		2:18 a.m.	7.7 "
		14:32 p.m.	6.1 "
WEDNESDAY, JUNE 13			
High		9:48 a.m.	17.3 ft.
		22:01 p.m.	20.5 "
Low		3:28 a.m.	6.1 "
		15:33 p.m.	6.2 "
THURSDAY, JUNE 14			
High		10:46 a.m.	18.0 ft.
		22:52 p.m.	21.6 "
Low		4:32 a.m.	4.5 "
		16:30 p.m.	6.2 "
FRIDAY, JUNE 15			
High		11:42 a.m.	18.6 ft.
		23:42 p.m.	22.5 "
Low		5:29 a.m.	2.7 "
		17:25 p.m.	6.2 "

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In supplies and Equipment Merchants and Farmers shared 84,000
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