

# Principles of Chiropractic

### THE EFFECTS OF LYMPHATICS ON NERVES

The last of the physiological effects resulting from a subluxation of a vertebrae with consequent narrowing of the corresponding intervertebral foramen (openings) is the influence which it exercises upon the lymphatics, and their effect on the nerves which they supply.

The lymphatics which pass through the intervertebral openings have much to do with the metabolism of each segment of the spinal cord. If the nutrition of a certain segment is faulty as a result of an insufficient supply of lymph, the reflex excitability of that segment will be diminished. Consequently any incoming impulses to that segment will not result in a reflex action with the production of an outgoing impulse, and the tissues thus deprived of these necessary impulses will fail to function properly. When we consider that most of the vital functions are regulated by reactions in the brain and spinal cord, the part played by a subluxation in interfering with the nutrition of the central nervous system takes on an added significance.

Such a condition of hypo-excitability is always produced by a vertebral subluxation. In such an event the lymphatic flow is obstructed, and the corresponding segment of the spinal cord and the spinal nerves merging through the narrowed openings between the spinal bones is improperly nourished, and diminution of its irritability and power of conductivity results.

From the foregoing it is apparent that the effects on nerve function attributed to vertebral subluxations are in perfect accord with accepted physiological facts and must therefore be considered as scientifically correct. To recapitulate, nerve impulses travel along a nerve and all its branches and control the functional activity and organic integrity of the parts in which they end. Pressure upon these nerves will prevent the conduction of these impulses to the parts for which they are destined, without necessarily injuring the nerve itself. Vertebral subluxations are capable of producing foramina. Removal of this pressure by correcting the subluxation will again permit the nerve to conduct impulses to the parts for which they are intended, and thus restore them to their normal condition.

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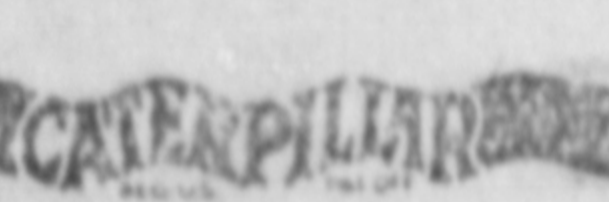
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Mrs. L. W. Patmore sailed by the Prince Rupert Saturday night for a holiday visit to Vancouver.

Miss Margaret Palmer sailed yesterday afternoon on the Prince George for Vancouver to attend summer school in the south.

Mr. and Mrs. J. C. Gavigan and family returned to the city on yesterday afternoon's train after having spent the week-end at Usk.

Anglican Sunday School Picnic to Digby Island, tomorrow, July 4. Boats leave Prince Rupert Boathouse at 1 o'clock. All Anglicans welcome.

R. Boyd Young and daughter, Miss Ruth Young, of Port Simpson sailed yesterday afternoon by the Prince George on a trip to Vancouver.

T. J. Shenton, inspector of mines, returned to the city on the Prince George yesterday morning from a trip to the Atlin district on official duties.

J. R. Morrison of the Fire Hall staff sailed Saturday night by the Prince Rupert for a holiday trip to Vancouver and other points in the south.

Now then folks! What about that double load of box cuttings? The kiddies like to handle it. Can you beat it at \$3.50 per load? Hyde transfer Phone 580.

A group of Brent County, Ontario, people, who have been making a trip into Dawson, were passengers aboard the Princess Kathleen Saturday afternoon returning south.

Sergeant T. Van Dyk, Game Act enforcement officer of the provincial police, returned to the city on Saturday afternoon's train from trip to the interior on official duties.

Mrs. B. Walker of the Booth Memorial teaching staff and daughter, Miss Muriel Walker, sailed Saturday evening by the Prince Rupert to spend the summer vacation in the south.

Presbyterian Sunday School Picnic on Thursday, July 5. Boats leave Nelson Trading Company's float from 1 until 2 o'clock. Children meet at Church Hall at 12.30. Adults 50c. Children free.

Dr. H. T. James, resident mining engineer for the provincial government, returned to the city on the Prince George yesterday morning from a trip to the Telegraph Creek district on official duties.

William Heaphy, son of E. Heaphy, general manager of the Los Angeles Lumber Products Co., was a passenger aboard the Prince Charles yesterday, bound from Seattle to Buckley Bay, where he will spend the summer.

The Liberal Ladies will entertain their friends at the Commodore Cafe tomorrow afternoon from 3.30 to 6 o'clock. An interesting program will be given and tea will be served. All interested are invited to come.

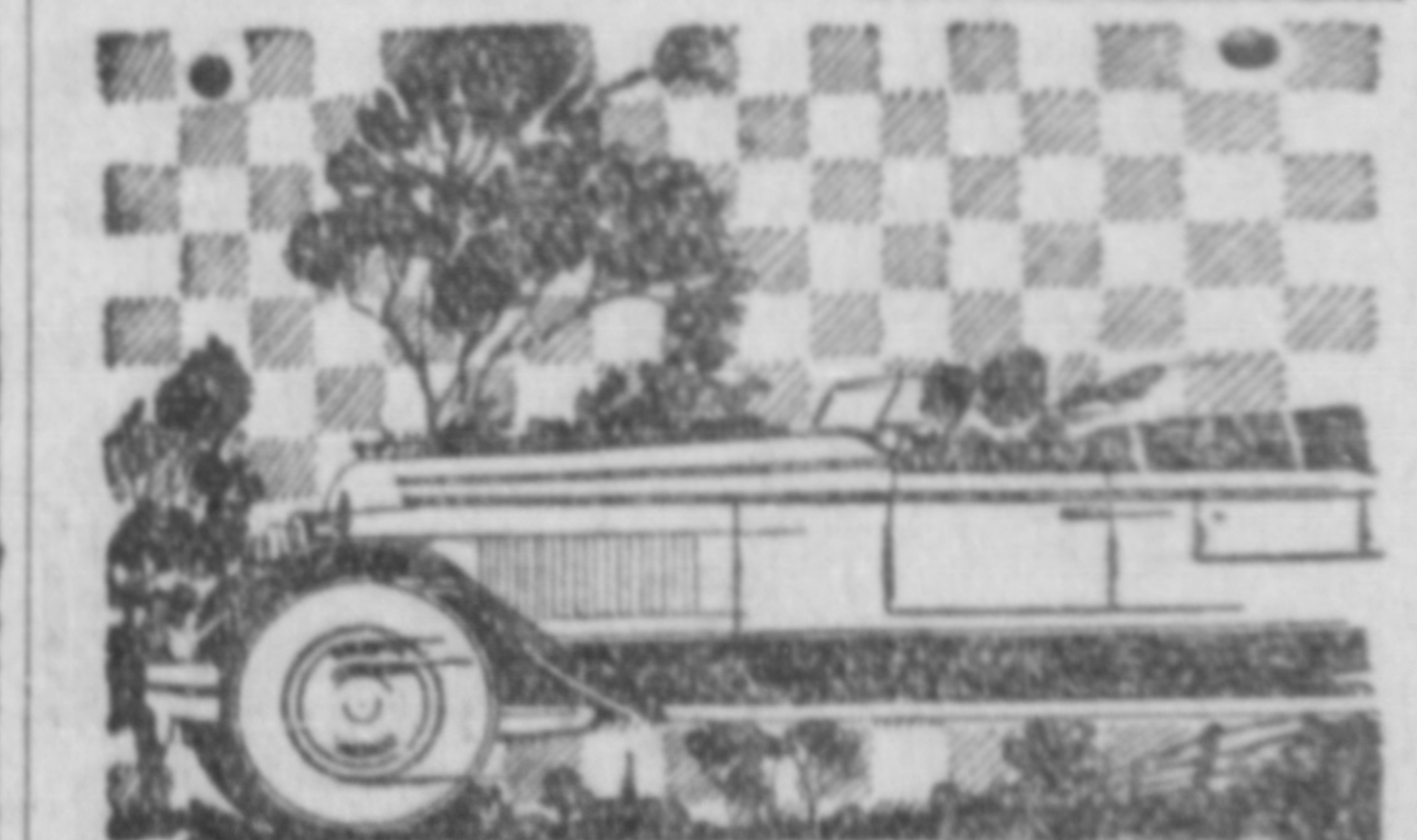
C. P. R. freighter Princess Ena, Capt. Albert Rippon, arrived in port at 2 o'clock Saturday afternoon from the south and, after discharging a cargo of freight consisting of twenty-five tons of paper from Ocean Falls, which was reshipped yesterday morning aboard the Princess Alice to Juneau a carload of liquor for the government vendor and household effects for George G. Bushby, sailed at midnight for Skagway with freight for the Yukon.

### CARD OF THANKS

The Dominion Day Celebration Committee desire to sincerely thank the business firms of the city and all others who contributed so well towards the successful celebration of Canada's National Holiday.


### ANNOUNCEMENTS

Pioneers' Picnic, July 8.

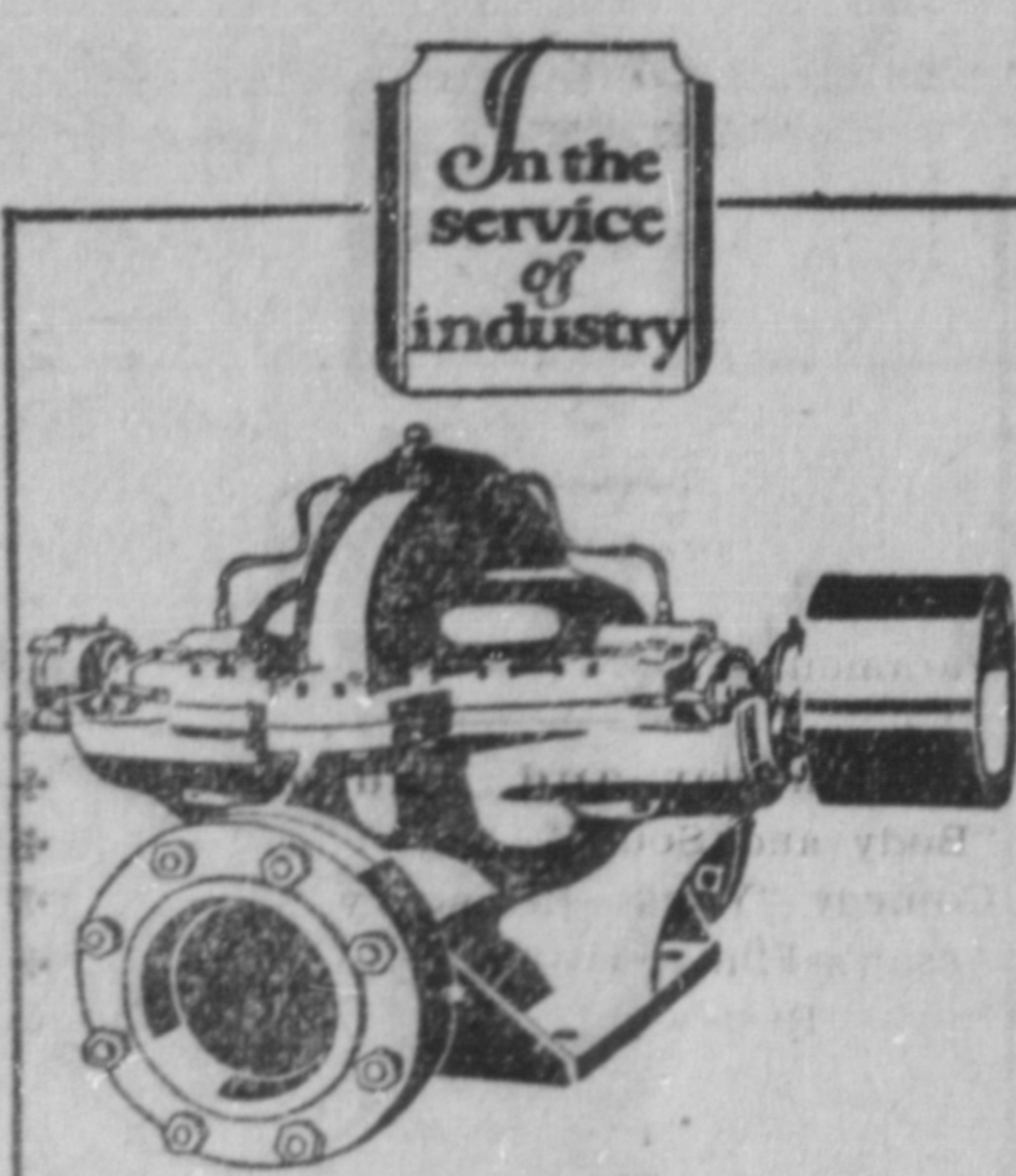


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Retail Merchants' picnic will be held at Digby Island, Thursday, July 5.

Miss Irene Mitchell sailed Saturday night by the Prince Rupert on a holiday trip to Vancouver.

Ald. G. P. Tinker sailed by the Prince Rupert Saturday night on a brief trip to Vancouver and Victoria.

Mrs. Robert Arthur, Sr., sailed by the Prince Rupert Saturday night for a holiday trip to Vancouver and Victoria.

Mrs. Jack Johns left on this morning's train for a holiday visit to Dundas, her former home, and Toronto, Ontario.

F. Callaghan, of Anyox, arrived in the city from the smelter town on the Catala this morning and proceeded by train for a visit to Boston.

Joseph Sigmund of Queen Charlotte City was a passenger aboard the Prince John last evening, returning to the Islands after a business trip to Vancouver.

Moonlight Excursion tickets can be had from the C. P. R. office or any member of the Elks lodge. These to be exchanged for regular S. S. ticket. Fare \$1.55.

Miss B. Rogers and Miss E. P. Grassie of the local public school teaching staff sailed Saturday night on the Prince Rupert to spend the summer vacation at their respective homes in the south.

During the month of June the fire department responded to twelve alarms, which is rather more than usual. The large majority of the calls were to bush fires caused from the continued spell of hot, dry weather.

An Adrien Van Sniderlin party of ten tourists from the Eastern States will arrive in the city by special car attached to tomorrow afternoon's regular train and sail by the Prince Rupert to make the trip to Alaska.

Mr. and Mrs. R. E. Benson, Mr. and Mrs. Alex McRae and W. Wilkinson, returned to town last night after a two day angling trip to Shawatians Lake. They found the fishing good, returning with a bag of forty-five nice trout.

The Liberal Ladies will entertain their friends at the Commodore Cafe tomorrow afternoon from 3.30 to 6 o'clock. An interesting program will be given and tea will be served. All interested are invited to come.

Meth Davies of the Shawatians Lake power plant and daughters, Misses May Ann and Lillian Davies, sailed Saturday night on the Prince Rupert for Vancouver enroute to Montreal, whence they will embark for a visit to their former home in Wales. They expect to return to the city in October.

Percy Anderson, for drunkenness, was fined \$25, with the option of 30 days' imprisonment. In city police court this morning. Under the Indian Act on a similar charge, Mary Ann Get, was fined \$15 and costs of fourteen days. Joseph Moore, on a charge of theft of clothing, was further remanded for eight days.

A meeting of all those ladies interested in the election of Jas. H. Thompson will be held at the Conservative Club Rooms, Third Avenue, on Wednesday evening, July 4 at 8 p.m. for the purpose of forming a working organization. All those ladies favoring the candidature of Mr. Thompson are requested to attend.

Mrs. T. J. Shenton sails this afternoon on the Catala for Vancouver and Vancouver Island on a holiday visit.

H. C. Fraser, inspector of schools, sails this afternoon on the Catala for Victoria where he will be engaged in the summer work of marking examination papers.

Wilfrid Gratton returned to the city on the Catala this morning after having spent a few days at Premier, visiting with his son-in-law and daughter, Mr. and Mrs. G. C. Arseneau.

Gordon Wismer, Vancouver barrister, who defended in one of the murder trials at the assizes here last week, and Andrew Blygh, sailed by the Princess Kathleen Saturday afternoon on their return south.

Miss N. Mallott and Miss Mary Easthope, Terrace school teachers, arrived in the city from the interior on yesterday afternoon's train and will sail this evening on the Catala for Vancouver to spend the summer holidays.

Charles Wakefield Cadman, noted song composer, and his mother were passengers aboard the Princess Kathleen Saturday afternoon, returning to their home in Hollywood, California, after having made the round trip to Skagway.

Provincial Constable and Mrs. H. H. Mansell arrived in the city on yesterday afternoon's train from Vanderhoof to take up residence. Constable Mansell having been transferred to the city detachment of the provincial police here.

Having provincial election ballot boxes for the Atlin and Telegraph Creek districts respectively, D. Campbell and C. M. McIntyre arrived in the city from Anyox on the Catala this morning and will proceed north by the Prince Rupert tomorrow afternoon.

Miss Ruth Stewart, High School teacher at Smithers and formerly located in Prince Rupert, arrived in the city on Saturday afternoon's train from the interior to spend a few days visiting with local friends before proceeding to Vancouver for the summer holidays.

The fire department responded to two calls during last night. At 10.30 p.m. there was a chimney fire at the home of H. L. Landry, Graham Avenue, damage to the roof being of a minor nature. At 3.30 a.m. a sidewalk at the corner of First Avenue and Third Street became alight from a cigarette butt.

R. F. McNaughton, C.N.R. district passenger agent, will leave on tomorrow morning's train for Jasper Park, where he will meet the seventh annual C.N.R. personally conducted tour party numbering some 150 people from the East, which will arrive here by special train on Saturday afternoon and sail that evening on the steamer Prince George for the south.

After spending a few days in the city, Corp. Fred Markland, provincial police, sailed by the Prince George yesterday afternoon on his return to Vancouver, having in his charge Harry Smith of Massett, who has been committed to the mental home at Colquitz, Vancouver Island, and James Harris, who will serve two years in New Westminster penitentiary for theft.

## HANDSOME YACHT FROM LOS ANGELES HERE AT WEEK-END BOUND NORTH

One of the most handsome and commodious power yachts which has ever been seen at Prince Rupert was the Los Angeles cruiser Malibu which arrived here on Sunday evening about 6 o'clock and cast anchor off the government wharf, continuing north to Ketchikan at 10.30 yesterday morning in the course of a leisurely cruise to Alaskan waters. Looking almost like a small steamer with two masts and ample accommodation above decks, the Malibu is owned by Mrs. May K. Rindge of Los Angeles who has a party of friends on board. Capt. Sorreset is the master. The vessel had a power tender as large as the average pleasure boat here.

Advertisements in The Daily News

### PRINCE RUPERT TIDES

TUESDAY, JULY 3		
High	1:09 a.m.	20.7 "
	14:12 p.m.	18.0 "
Low	7:39 a.m.	2.6 "
	19:54 p.m.	8.2 "
WEDNESDAY, JULY 4		
High	1:45 a.m.	20.9 "
	14:48 p.m.	18.2 "
Low	8:34 a.m.	2.2 "
	20:33 p.m.	7.8 "
THURSDAY, JULY 5		
High	2:22 a.m.	20.9 "
	15:25 p.m.	18.3 "
Low	9:10 a.m.	2.2 "
	21:13 p.m.	7.6 "
FRIDAY, JULY 6		
High	3:01 a.m.	20.5 ft.
	16:04 p.m.	18.2 "
Low	9:47 a.m.	2.5 "
	21:55 p.m.	7.4 "
SATURDAY, JULY 7		
High	3:43 a.m.	19.8 ft.
	16:46 p.m.	18.1 "
Low	10:26 a.m.	3.1 "
	22:40 p.m.	7.4 "
SUNDAY, JULY 8		
High	4:30 a.m.	18.9 ft.
	17:32 p.m.	18.1 "
Low	11:08 a.m.	4.0 "
	23:32 p.m.	7.9 "



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For MASSETT INLET, MONDAYS, 4.00 p.m.  
For SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly.  
For SKAGWAY, WEDNESDAYS, 4.00 p.m.

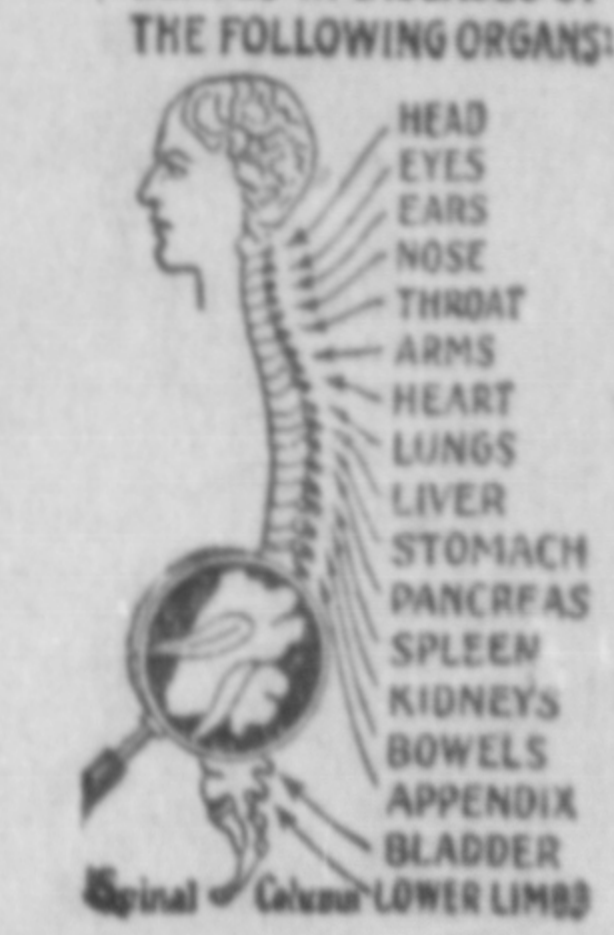
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