week in honor of Mrs. G. H.

PRINCE GEORGE

### THE DAILY NEWS PRINCE RUPERT - BRITISH COLUMBIA

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DAILY EDITION

Thu sday, July 4, 1929.

### VALUE OF SUNSHINE

the prevention of diseases cannot be put too high, states from where they intend motoring by A. E. Richards, supervisor of W. J. Woolsey, manager of the Balsac I, 11,000, Royal, 14.1c He was a sensation in the qualthe Social Service Council of Canada. It has been known to Ganges Harbor, where they are chief speaker is Dean F. M. Cle mill on Bitter Creek, has arrived Unome, 5,000, 14.2c and 8c. from time immemorial. Within comparatively recent being stationed in the work years scientists have shown that the value of sunshine is the United Church. due to the ultra-violet rays.

Sunshine prevents and cures rickets, bone tuberculosis NFW HAZELTON and anaemia. It is useful in the treatment of certain forms of rheumatism, chronic wounds, some chronic nervous diseases, debility and malnutrition in children. Sunshine acts beneficially on the skin, the muscles, the blood, the glands and the bones. It is a general tonic and blood builder, it develops and strengthens the body and increases teaching in New Hazelton for the resistance to disease. It increases the red blood corpuscles past year, left last week for her and the haemoglobin. It stimulates and strengthens the nervous system, increases the feeling of well-being, helps to maintain the morale and promotes the proper function ent, is taking a two weeks' holiof all body organs.

Children must have sunlight or they become puny and his mineral showings and farm weak. Therefore, sunshine, containing the health-giving lands in the district. J. G. Legultra-violet rays, should find its way into every room of Mr. Parent's absence. a dwelling-house, certainly into the living rooms, bedrooms and kitchens. Windows should be properly placed to receive the greatest amount of sunshine. In dark or week for a three weeks' trip to alcove rooms, in dark cellars or halls, the marvellous, health-conferring and health-restoring sun, the powerful force that kills and attenuates germs, that invigorates the whole body, is excluded to the great disadvantage of the mine staff and Mrs. Pease are dwellers therein.

Every room in every dwelling should have at least one Tulameen district on mining window opening directly upon the street or upon a yard business. or court of proper dimensions, and the combined glass area of such window should never be less than one-tenth of the floor space. Cellar rooms, with more than half their height below the level of the adjoining ground, are dark and impossible of ventilation, and are unfit for human habitation. Dark houses are difficult to keep clean and invite vermin.

## THE GLORIOUS FOURTH

The United States is today celebrating the national J. W. Turner. holiday which is the anniversary of the declaration of indenendence from British domination. The States were be forty pupils in attendance at colonized mostly by British and the people living there the Smithers high school after and who rebelled against arbitrary rulings of the British the summer vacation. Government of the day were British. They had no idea at first of forming an independent country, but the struggle intensified the feeling against their motherland ing satisfactory progress in the and they set up for themselves.

It is to the credit of the British to be able to say that pendicitis. many of their political leaders were as much opposed to the British Government's action as were George Washington and the others who rebelled.

The declaration of American independence was one of they will spend the next month the steps in the working out of the system of self-government for the British people. Britain benefited very greatly

from it and the effect on Canada has also been beneficial. American people in Canada can be sure that Canadians are with them in all that makes for the advancement of the race and for better government throughout the ert to spend the summer vacation world.



# NEWS OF NORTHERN B.C.

### TERRACE

Miss Alice Davis of the public Outram. school staff left on Friday to spend her vacation at her home in Victoria.

Mrs. Robert Bond, a pioneer The water in the Fraser River resident of this district who has has been dropping steadily and been residing in Vancouver for is now seven feet above the zero. a number of years, arrived on mark, having dropped six feet in Thursday on a visit with her a month. sister-in-law, Mrs. Arthur Carr. Mrs. Bond used to own the home now belonging to Mr. and Mrs. Laught Hill Lutheran Church E. M. Smith.

Several new families arrived in them several carloads of house- examinations here last week. hold effects and implements.

through to Vancouver. They go illustration stations, and the Vancouver Holdings Ltd. saw- and 8c.

Mr. and Mrs. Robert Gill of Smithers have been spending a week's holiday in New Hazelton.

Miss Jacquet, who has been home in South Vancouver.

George D. Parent, station agday which he will spend visiting

Rev. T. H. Wright left last Vancouver where he will attend the marriage of his son

Walter Pease of the Silver Cup on a holiday trip to Vancouver.

## **SMITHERS**

The Farmers' Institutes of District B., at the recent annual convention at Telkwa, elected officers as follows: president, F. M. Dockrill; vice-president, J. G. Donaldson; secretary, S. S. Philips; member of advisory board,

Jack Oakes of Telkwa is maklocal hospital where he recently underwent an operation for ap-

Mr. and Mrs. George Oulton have left for Ootsa Lake where

## BURNS LAKE

Miss Dora Brunell has arrived from her studies at Prince Rupat her home here.

E. Pedley and R. C. O'Hara of the Forest Branch service at Francois Lake were visitors in town last week.

Mr. and Mrs. W. D. Lukens of Palling are selling out their household effects at Palling and will be leaving shortly to visit in Chicago and California.

J. C. K. Sealy of Smithers has been spending a few days in Burns Lake and district.

Mr. and Mrs. J. Kunemann, who arrived here about a year ago from Washington State, have decided to return to the United

# VANDERHOOF

Mr. and Mrs. Ernest McCorkell, newlyweds, have been the guests during the past week of Mr. and Mrs. R. C. McCorkell.

Mr. and Mrs. R. M. Taylor entertained a large number of Columbia.

Necessity for extension of hospital facilities here is becoming quite evident.

Last Friday Hyder observed the first anniversary of its dis- the camp after a trip through astrous \$100,000 fire. In the year Canada and the United States in

Quite a number of local students took Entrance and High School examinations here last

River on Sunday. the district recently from Pine- Fifteen pupils of the local high ing from the effects of having Canadian-16,000 pounds, 14.1c wod, Ont. They brought with school tried junior matriculation been kicked in the groin by a and 8e and 14.2c and 8e.

here held a service at Salmon

A series of field days which Fred Conroy has moved his 15.6e and 8e. Rev. Wm. Allan shipped his will be held at all important painting establishmen into the Omaney, \$3,000, Booth, 15.5c car to Hazelton on Thursday and points in the central interior house on Fifth Avenue opposite and 8c.

with Mrs. Allan and family left started today at McBride. The the Golden Gate Hotel.

friends at cards and dancing last STEWART

couver, has arrived here to join the staff of H. Zeffertt & Co. J. E. Munro has returned to

which has ensued, the town has the course of which he visited all risen from its ashes bigger and the principal cities and travelled better than ever before. more than 8,000 miles.

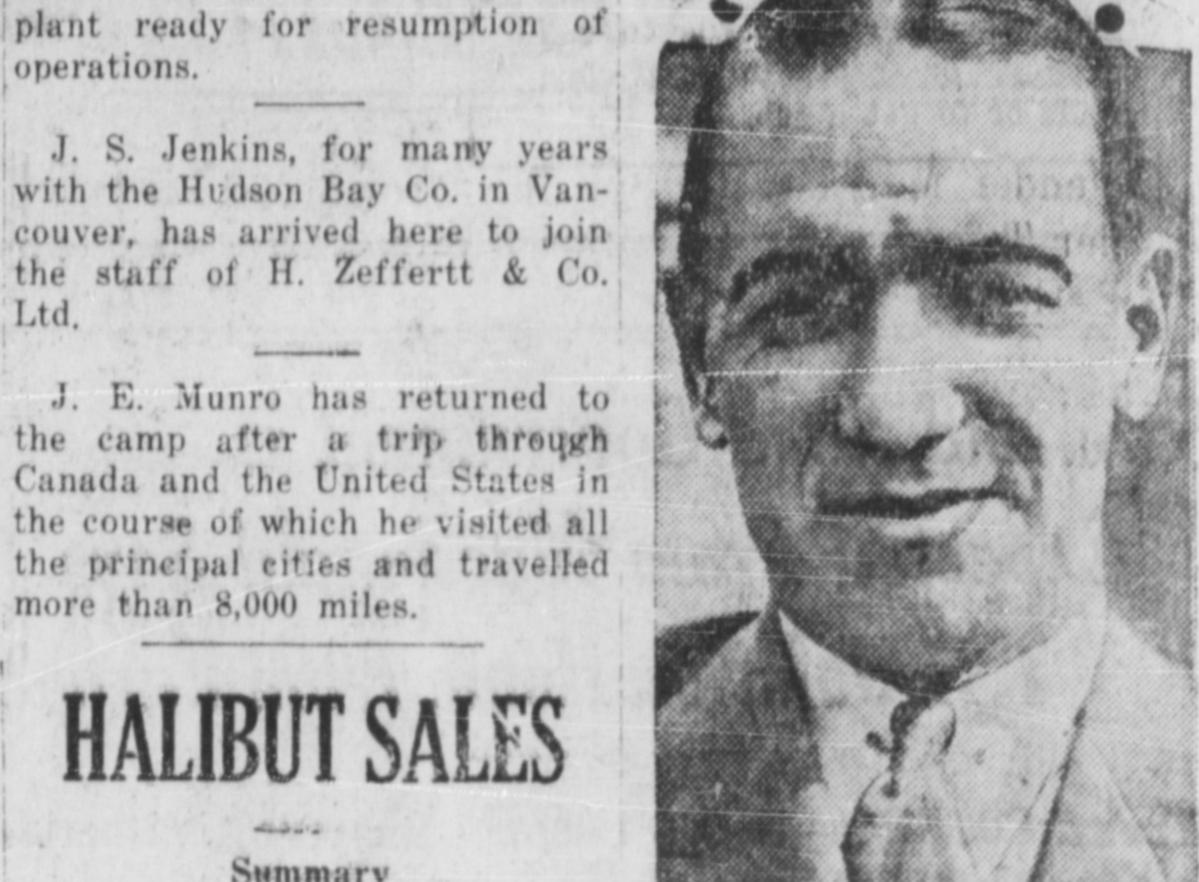
### Summary

Charlie Ryan is able to be about again after having spent! American-60,000 pounds, 15.5c some time in the hospital suffer- and 8c and 15.6e and 8c.

### American

Eclipse, 27,000, Cold Storage,

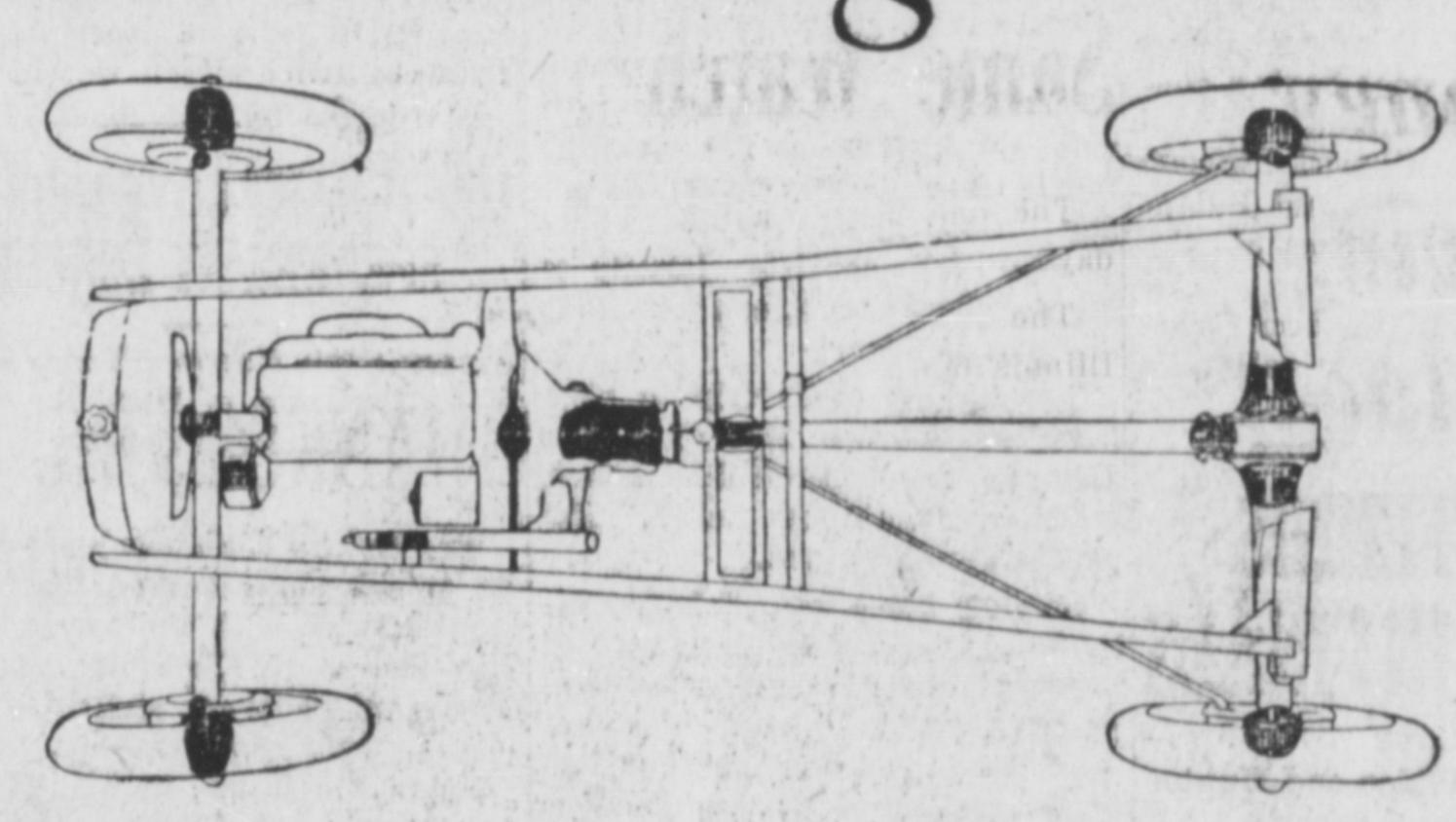
ment of the University of British here from Vancouver to get the plant ready for resumption of



SEEKS MORE HONORS

Leo Diegel, United States professional golf champion and holder of the Canadian open championship, will have to have his nerves with him when he plays the tough Wingfoot course at Mamaroneck in the national open. fying rounds of the British open, but his nerve crashed later.

# ROLLER Bearings



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Choice of colours \$5 to 65 miles on hour 40-horse power engine Full balloon tires Pully enclosed six-brake system

Houdaille hydraulic shock Antier proof glass windshield Theft proof ignition lock Reliability and low upkeep

AVISH use of ball and roller bearings in the Ford car greatly I reduce friction and contribute to easier operation and longer life of the car. Note the coasting ability of the Ford car as compared to any other automobile in its weight class.

Examination of the chassis will at once show the advantages of these bearings. On the rear axle pinion and differential all the taper roller bearings are held to such close limits that adjustment is unnecessary, pinion and ring gear always being held in proper mesh.

Spiral roller bearings are used in the rear hub because of their large bearing surface and ability to carry heavy loads. One is also used on the drive shaft at the universal joint end, to assure perfect alignment.

Taper roller bearings in the front wheels have a simple adjustment. Roller thrust bearings on the spindle bolts make for easy steering. Two bearings, one above and one below, take up the thrust on the steering worm.

The fan shaft operates on a roller bearing. The generator, the transmission, the connection between the spline and drive shafts, the clutch, the flywheel-all these important parts are made more efficient and enduring through the use of ball and roller bearings.

These bearings form a striking illustration of the engineering skill and care used in building the Ford car.

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