

TORY OVER
DISEASE

Prince Rupert Backs Good Health

★ ★ ★ ★
CAN BE GREAT ONLY IF
PEOPLE ARE HEALTHY

our nation to be healthy, vigorous baby. Then through the constant care of your parents you grow day by day, year by year, until every part of your body develops as nature intends. This means food, fresh air, play, rest, sleep, fun, hard work, study, proper medical care when sick.

It means more than that. It means ambition, purpose, high ideals, high standards of conduct, character, service for others, and all the qualities that make men and women.

Fundamentally it means health of the body, health of mind, health of spirit. And do you know what health means? The word health comes from an Anglo-Saxon word meaning whole or sound. You are healthy when every part of your body, of your mind, and of your spirit is whole or sound, i.e., free from fault or injury or disease, and—this important—when your body, your mind and your spirit make up one whole or entire machine, as it were, every part fitting into every other part and the whole machine working like a great and beautiful aeroplane, working together to do the work of body and mind and spirit which you ought to do. That is health.

Chlorination Is Major Purifier

Chlorination of water supplies is probably the most important contribution made by the country to the art of water purification. In fact, this process stands out as the most useful procedure yet devised for insuring the safety of a municipal water supply. Chlorination is almost indispensable for many supplies. The expense is low, and amounts only to about 40c. per million gallons of water treated.

Veneral disease is a major public health problem which strikes insidiously at the very heart of this community. Because it is a community problem, no longer may any responsible citizen say: "this does not concern me."



Mayor and Municipal Council
of the
CITY OF PRINCE RUPERT
extend to the
**Junior Chamber
of Commerce**

entiest congratulations on their under-
ing to publicize various aspects of
ic health, and convey their wish that
Chamber's efforts will meet with
y success.



We Have . . .
**NOTHING TO FEAR
BUT FEAR ITSELF**

These words borrowed from the speech of a great man compress into a single vivid phase the definition of mankind's greatest enemy, FEAR. Fear of the other fellow—fear of the other group—was the poison instilled into the minds and the hearts of men by despots who sought to enslave them all as they wallowed in the murk of prejudice.

Fear of undiscovered or of suspected ill-health can also be a prison to the mind.

Your physician and your Health Department are trying to keep you well. Avail yourself of their service.

WAR'S START ACCENTED NEED OF HEALTH, SANITARY SUPERVISION

The advent of war found the northwest area of the province of British Columbia not prepared for unprecedented demands on existing public health facilities. Since then, large-scale developments, including the expansion of the local shipyards and various other activities related to Canada's war effort, have taken place in the Prince Rupert district.

As a result of these new developments, the civilian population of Prince Rupert city was trebled and new problems arose. Supervision of water supplies, sewerage systems, milk production, restaurants, sanitation, food shortages, over-crowding and communicable disease control, demanded the creation of a full-time public health service. Accordingly, as a result of an agreement between the Department of Pensions and Health, the British Columbia Board of Health, the City of Prince Rupert, and later the village of Terrace, the Prince Rupert and District Health Unit was established in June, 1942.

west, to include the Queen Charlotte Islands; and south, to Douglas Channel. In 1941, there was an estimated population of 18,000, or about 2.2 per cent of the total population of the province.

A chart showing the varied activities of the Health Unit has been drawn up and is to be found on page 2.

21c a Year
The Health Unit costs about 65c per person per year. Of this amount, about 21c is contributed locally.

SAD FACT
The elderly grandfather spreading tuberculosis from his finiside chair is almost a legendary figure, and experience of evacuation at the outbreak of the war confirmed the risks facing the child introduced to a tuberculous household.

Tuberculosis filled about 6,000 graves in Canada last year; 3,000 were people over 30 years of age. Fully 50,000 persons are at this moment actively sick with tuberculosis — enough to populate a city the size of Regina, Windsor or St. John.

INFANT MORTALITY

The following table tells its own story of tragedy among the children of Canada; tragedy deepened by the knowledge that so much of this disease and death is preventable:

Deaths in Canada from the Major Children's Communicable Diseases 1933 - 1942

	Diphtheria		Scarlet Fever		Measles		Whooping Cough	
	D.	R.	D.	R.	D.	R.	D.	R.
1933	239	2.2	157	1.5	170	1.6	552	5.2
1934	232	2.1	226	2.1	188	1.7	875	8.1
1935	264	2.4	242	2.2	400	4.5	892	8.2
1936	258	2.3	244	2.2	376	3.4	594	5.4
1937	369	3.3	269	2.4	837	7.5	763	6.9
1938	434	3.9	292	2.8	250	2.2	496	4.4
1939	336	3.0	167	1.5	197	1.7	541	4.8
1940	213	1.9	125	1.1	168	1.5	628	5.5
1941	240	2.1	117	1.0	325	2.8	437	3.8
1942	254	2.2	126	1.1	129	1.1	555	4.8
	2839		1875		3130		6333	
	TOTAL 14,177 — almost 1,500 a year.							

Note the following comprehensive statement on infant mortality presented in a Report of the Committee on Health Insurance to the Special Advisory Committee of the House of Commons Social Security Committee, 1943, pp. 238-240:

Deaths, 1926 —

Boys	Girls	Total
13,527	10,155	23,682

almost equivalent to wiping out Port Arthur, 24,426; or Peterboro, 25,350; or wiping out 600 classrooms of 40 pupils each in one year.

Deaths, 1926-1940 —

Boys	Girls	Total
153,781	115,545	269,326

or almost equivalent to wiping out Canada's 3rd largest city, Vancouver, 275,597; or to wiping out over 6,700 classrooms; or more than the entire school populations of Montreal, Toronto, and Winnipeg.

Importance to Community of Healthy Living Emphasized

Actuated by their appreciation of the primary importance of good health in the welfare of any community, the Prince Rupert Junior Chamber of Commerce and the Prince Rupert Public Health Unit, with the support of many local business people and the co-operation of the newspapers themselves, have organized the special supplement to this newspaper today. Arrangements have been made for widespread circulation of the issue and, in addition to promoting the cause for which it is specifically designed, the effort will result in a great deal of publicizing of Prince Rupert in quarters that may not often hear from this city.

The object of the publication is to give the public useful information in regard to general health matters, locally applied, to impart to the people who are paying for the service through taxation what is being done about public health and how all citizens may avail themselves of the service in one way or another.

The first page of the supplement is being given over to general information regarding the campaign.

The second page is devoted to health services which are available to all citizens through the Public Health Unit.

The third page deals with communicable diseases. Tuberculosis and venereal disease are featured on Page 4.

Sanitation is a topic of interest on Page 5.

The subject of schools and nutrition is dealt with on the sixth page.

Every cent obtained for advertising in this supplement has gone directly into its production. Added to this is the voluntary work of a corps of men who gave of their time freely. The following are among those who helped: Dick Birch, A. Dominato, Gordon Durkin, Cliff Gilker, Hawthorne Graham, Oscar Havroy, Harold Ivarson, Jack McLeod, Duncan McRae, Doug. Wood, Norton Youngs, Cliff Ham and Bruce Stevens.

The Prince Rupert Junior Chamber of Commerce wishes to acknowledge the wonderful

co-operation accorded them by Prince Rupert merchants, whose support of advertising in this special supplement, has made it possible.

In addition to the local coverage, afforded by the Daily News and Evening Empire, another 5,000 copies are being distributed from coast to coast, chiefly with the co-operation of the Junior Chamber of Commerce in Canada. This should prove of inestimable value as a publicity medium for our city, and we sincerely hope that everyone may reap in due course some benefit from this effort.

The detection and early treatment of syphilis in expectant mothers can prevent the tragic infection of babies in 95% of all cases.

Without adequate diagnostic and treatment facilities, it would be impossible to stamp out venereal disease. British Columbia has such facilities through its private physicians and provincial government clinics.

both directly and indirectly, from the information this supplement contains.

Public Health Began Ere This



—and Continues to Sunset of Life