

An independent daily newspaper devoted to the upbuilding of Prince Rupert and all communities comprising northern and central British Columbia.  
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### Guard Your Health-Know How

WHEN ANYTHING is well done, it is most likely that a lot of "know how" went into the job or else it wouldn't have been a success.

In the field of health, many people—medical scientists, public health officials, physicians and others—have put a lot of "know how" into the business of making and keeping people healthy, but they still need the personal co-operation of those same people.

Each person has a job to do in the matter of guarding his health, and the health of his family, his community and his country. However, if he doesn't "know how" he can't do much of a job.

In an effort to reawaken in Canadians a realization of the benefits of good health and the appalling cost of sickness, much of it preventable, and untimely death, the first week of February has been designated as National Health Week. It is hoped that through this observance the people of Canada will acquire a lot of "know how" concerning matters affecting their own health, and the health of their families and their neighbors.

In the field of health, the "know how" as far as the average person is concerned merely means an intelligent understanding of a simple set of health rules. Here are a few rules which, if followed, will benefit the follower's physical and mental well-being:

- Eat right for health—follow a balanced diet.
- Be sure the milk you drink is pure.
- Avoid dirt—practice cleanliness.
- Avoid contact with persons known to be suffering from contagious diseases, including colds.
- Relax before and after eating.
- Avoid constipation.
- Avoid overweight.
- If dieting is necessary, diet only under expert instruction.
- Get at least eight hours of sleep daily.
- Avoid undue fatigue.
- Be sure you and the members of your family have been immunized against such communicable—but preventable—diseases as diphtheria, whooping cough and smallpox.
- Avoid chills if overheated.
- Exercise moderately in the open air—unless your physician advises otherwise.
- See your physician regularly for complete examinations.
- Visit your dentist regularly.
- Avoid undue and unnecessary eye strain.

### BAND IS SPONSORED

THE PRINCE RUPERT Civic Band and the community itself may consider themselves fortunate in having the Prince Rupert Shrine Club, an organization of standing, influence and energy, go sponsor for the band resolved to develop the organization, through instrumenting, uniforming and generally supporting it, a body which will be a credit and an enjoyment to the citizens. If we had been asked to name a body more fitted and capable of taking on the sponsorship of the city band, the perpetuation and success of which we have been solicitous of lately, we could have named none other than the Shrine Club.

Armed with the necessary support and the active interest in its affairs of a strong organization, the future success of the presently known Prince Rupert Civic Band is now assured. One of the first results of this announcement of sponsorship should be an influx of new bandsmen which is the primary requisite.

The community, if and when called upon, will, no doubt, co-operate in any way possible in such a desirable and popular project.

And, as the Civic Band passes on to a new and more important era, it is fitting that tribute should be paid to the faithful and enthusiastic few who have kept it alive and brought it along to this latest happy development in its career, especially including the bandmaster, Peter Lien.

### RUPERT AND HAINES CUT-OFF

DEVELOPMENT of freight as well as automobile and tourist traffic from a railway and highway terminal at Prince Rupert up the coast to Haines and through the cut-off there to the Alaska Highway and the Yukon Territory is something that Prince Rupert might be working upon. Already steamship concerns which would feed their vessels out of Vancouver are considering the use of Haines and trucks over the cut-off to eliminate Skagway and the monopoly of the White Pass and Yukon Route. It is claimed that considerable savings can be made thereby on the cost of laying down goods in the Yukon.

With through rail rates from the East to Prince Rupert competitive with those to Vancouver and the shorter water haul by half from Prince Rupert as compared with Vancouver, the possibilities of the advantageous use of this port become apparent.

It has been suggested that the co-operation of such communities as Whitehorse and Dawson might be forthcoming in Prince Rupert's representations along this line.

## Letters to the Editor

### LEONARD CAMPBELL

Editor, Daily News:  
To all interested friends who have been enquiring about Leonard Campbell, we are at this time able to make a statement regarding this case. In the past it has been a hardship to find a suitable home for him. It must also be stated that Leonard has had a few setbacks in regards to treatments as none have been available since last July.

According to the latest report received, Leonard has again been examined by the doctor, who reports an improvement in his condition and recommends further treatments. These treatments will be of a six months' duration at which time we hope to make a more cheerful statement.

T. SMITH.

### AIR PASSENGERS

From Vancouver (Saturday)—K. Meek.  
From Port Hardy—A. Short  
From Sandspit—M. Jenkins  
To Vancouver—D. Moore, M. S. Burchell, A. Hotti, D. Burt, P. L. Johnson.

### SWAMP LANTERN

Editor, Daily News:  
In your newspaper of recent date in "Reminiscences and Reflections" by W. J., was his lament that the commonly known Skunk Cabbage had not in consideration of its radiant and majestic beauty, as it were, been given a different name.

Fortunately, the swamps characteristic and abundant flower has another name. And it is a most interesting and inspiring one, namely: The Swanplantern.

VIOLET INGALLS.

### THIS FEBRUARY UNUSUAL MONTH

In certain respects this month is somewhat unusual. Sunday (February 1) was the first day of the month. Sunday, February 29, will also be the last day of the month. And, according to those who give such matters special attention, it will be 1976 before there will be another February that commences and ends on a Sunday.

### NEW COUNCIL OF KINCOLITH

KINCOLITH—W. H. Stevens has been elected chief councillor of this Naas River village for the year 1948 with other councillors Ralph Clayton, Herbert Doolan, Solomon Doolan, Francis Watts, Abel Stewart and Herbert Haldane.

Charles S. Barton has been named chief constable, the other constables being William Stewart, Douglas Venn, Sam Doolan, Lewis Stewart and Charles Lincoln.

### Nearly Joined In Custer Expedition

NANAIMO—George Cassidy, who is dead here after observing his ninety-ninth birthday, was born in Donegal, Ireland. He came to British Columbia in 1879, and had lived on the coast ever since. He was very well known in the early seventies he worked as a teamster out of Cheyenne, Wyoming and, by merest chance, did not join the expedition under General George Custer (7th U.S. Cavalry) that was completely wiped out by "Sitting Bull," Sioux Chief, in the valley of the Little Big Horn, Montana.

### ADVISES FLYING CLUB EXECUTIVE

Executive of the Prince Rupert Aero Club Friday night received valuable instruction on organization work from W. R. (Wop) May, Canadian Pacific Air Lines official and former director of the Royal Canadian Flying Clubs Association. Mr. May heard problems of the executive members and gave advice on organizational and technical questions which were considered valuable. The meeting was held in the office of Jarvis H. McLeod, Flying Club president. Those present were Mr. McLeod, Mr. May, Bob Kelsey, Douglas Stewart, N. H. Young, Fred Jensen, George Stanbridge and Earl Gordon.

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### HEALTH IS EVERYBODY'S BUSINESS . . .

WE KNOW it is possible to eliminate communicable diseases and to build a people taller, stronger, longer lived, more efficient and happier. The knowledge and the means are available but that is not enough . . . We need an informed public opinion.

The intelligent and earnest participation of the people is essential.

During "HEALTH WEEK" an opportunity will be given to every Canadian to participate in a plan to "BUILD GOOD HEALTH by KNOWING HOW" . . .

## NATIONAL HEALTH WEEK FEB. 1-7

THE HEALTH LEAGUE OF CANADA in co-operation with HEALTH DEPARTMENTS

This appeal in the interests of better health sponsored by

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