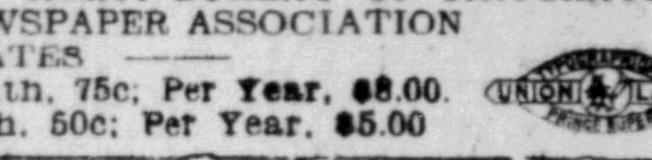
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Elevator Mystery

minal grain elevator is built and permitted to remain unused. This has been the situation for about at least a decade in Prince Rupert. There might have been some excuse during the war years but, when the ports of Vancouver and New West- contained rooms, 12 of which are accompanying Mr. Drury were J. minster for the week ending January 19, 1950, handled 977,764 bushels bushels, Prince Rupert people cannot be blamed for wanting to know what the latest excuse could be for failure to use the big ance. The first of the series of rectors: A. L. Tate, export manhouse here.

ON LETTING UP

CINCE THE BEGINNING of this century, there) have been tremendous advances in every field, but also mammoth upheavals and basic changes in the patterns of living. The pace is faster and it slides out from judger the sant his home, 1201 Second Avenue, there is great pressure on the individual; the secur- Mattresses and sofa type ity and stability the last century offered is now the exception rather than the rule.

To protect mental and physical health, one should resist pressure and haste and the factors which cause fear and insecurity. But to do so, one must first recognize if they are susceptible to strain and fatigue and learn when to let up.

1. Do you have nervous indigestion?

2. Do you find it difficult to fall asleep because to be used, the prevailing colors you lie awake worrying?

3. Do you find yourself hurrying even when there is no need for haste?

4. And when you awaken in the morning, do you face the coming day with distaste or apprehension?

5. Although you are tired and a job can wait, do you generally feel a compulsion to finish it that day if you possibly can?

6. Are you irritable, snappish?

7. Are you unable to relax and simply take it easy—are you always restlessly seeking new diver-sions?

8. Are you nervously talkative or ill-at-ease with most people—wonder constantly how you impress them?

9. Are you living beyond your income in trying to keep up with the Jones?"

10. Do you think of life as a "rat-race"—that you will never escape from the feeling of being hounded anxious, fearful?

Score two for yes and one for sometimes or doubtful. Between 14 to 20 shows one is highly susceptible to pressure, strain and fatigue and must learn to recognize when things are getting him down and carefully avoid factors which cause adverse reactions. If the score is from 4 to 13, the above also applies, but to somewhat of a lesser extent. A more healthy and sensible daily routine would greatly help. With less than four, one probably is not seriously affected by the pace and pressure of modern living, but should not fail to always keep an eye on reactions and behaviour.



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MONTREAL-Providing sleep ing car rooms at little more than the price of a lower berth the first duplex roomette car to be built in Canada was inspected yesterday by Donald Gordon, President of the Canadian National Railways, and Victor M. pany's Turcot Plant. Twenty of these new type sleeping cars have been ordered by the Canadian following delivery from the

In the upper room a full width bed pulls down from a recess in are of foam rubber. The reems can be enclosed for complet privacy by means of sliding doors. There is comfortable seating accommodation in each room, earing, airconditioning, lighting and ventilation controls, foldaway wash basin, medicine cabinet and concealed toilet are provided in each room. There is even a section table for playing games or serving meals.

Two interior color schemes are for ten cars to be in tones of coral, and the balance in green.

The exterior is completely streamlined, with turtle-deek roof painted chocolate brown. Sides are painted C.N.R. standard green, and lettering is in gold.

Each car will bear a Canadian place name starting with the let-

the Canadian National engineers have embodied special designs to insure easy riding and there are newtype sound deadening partitions throughout. The end doors in the cars are operated by books or handbags.

Thompson, Director of Public Relations; E. R. Battley, chief of ance. motive power and car equipment and A. A. Gardiner, General passenger Traffic Manager.

Each car has 24 individual self, Officers of the Car Company at floor level and 12 two steps T. Asquith, vice president and above the car floor. Each room general manager; E. J. Cosford. has a large window, giving the vice president in charge of sales; exterior of the car an attractive R. C. Vaughan, J. A. Prudhomme, but somewhat unusual appear- W. Eden and Colin Webster, diportation experts who inspected sistant general manager, Turcot the improved accommodation it chell, chief engineer, Turcot

> Taken ill yesterday morning at Joseph Garon, well known pioneer of the city and member of the Daily News staff, was removed by ambulance to Prince Rupers General Hospital where it will be necessary for him to rest for the next few days.



er "I." In the construction of the cars Ray Reflects.

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DUSTBANE CO. of B. C .- Dustbane, Sisal, Janitor supplies

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To say running a sweepstake push bars and open at the touch to raise funds for assisting hos- land, for the election, and havgers' hands free for parcels, pitals is immoral, to declare it is ing been there in wartime, crossvicked, vicious, impure and un- He would again see old friends, Railway officers accompanying chaste is hard to follow. Most of and ramble around familiar Frury, President of Canadian Mr. Gordon were S. F. Dingle, us can think of acts far more haunts. One former pal could vice president, operations; E. A. sinful, if it is breaking the divine barely recall him. Another was Bromley, vice president, pur- law. Labor, in B.C. today, is urg- dead. Places, where once had chases and stores; Walter S. ing government sweeps to fin- been singing and hearty good ance compulsory hospital insur- cheer, were

At the recent bonspiel Smithers, Dr. L. M. Greene, skip of the Prince Rupert rink, gave informal notification that team was acting under sealed orders from the mayor of Prince Rupert. They were told not to win the electric blankets or irons, new roomette cars has been ager; C. H. Drury, assistant gen- as there was no power in Prince named "Indigo" and the trans- eral manager; Albert Jude, as- Rupert to make use of them. However, they were instructed to it yesterday expressed themselves plant; E. Merrill, works manager bring back the bottles of Bulkley turning and water is flowing.

The Sun's Jack Scott is in Engchanged. Again, he was alone in a great city, with a job to do

life and it will continue to be until such time as flights become better shielded from the grim hazards of air. There must be barriers against everything. That will be perfection itself-or close to it-but until it is reached, the long risk will be there.

With restricted water and as being greatly impressed with Turcot plant; and Grant Mit- Valley water as Prince Rupert power for weeks, Prince Rupert's was out of that commodity as population has been getting by well. But, by this time wheels are in a makeshift sort of way. But

so many years ago, but candle and lamplight, and well water packed in by the pail? The experience of the past few weeks has had its value, if only for puroses of comparison.

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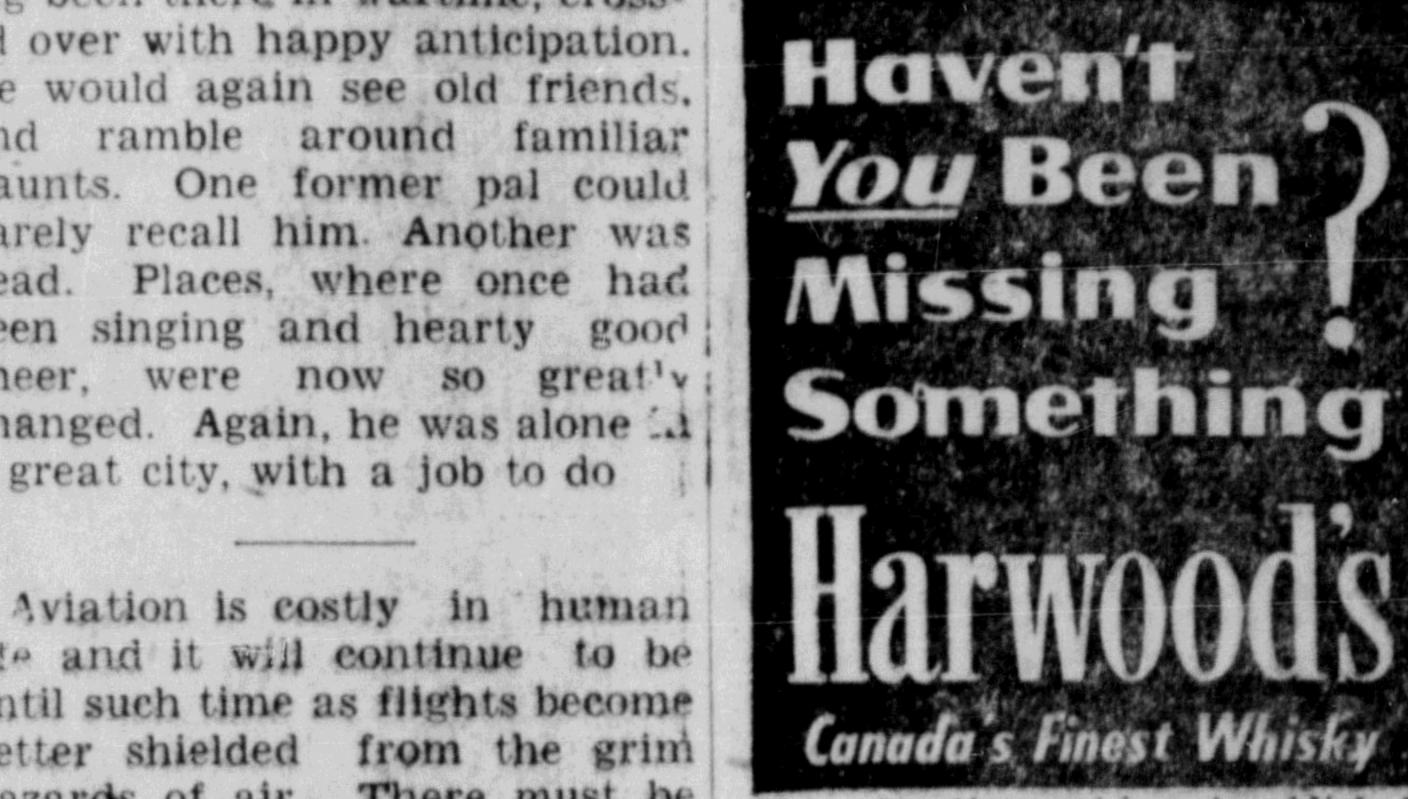
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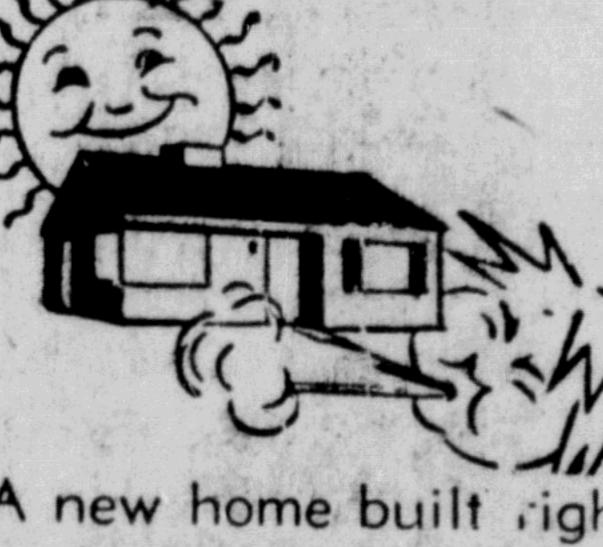
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interests, every father should try to share them.

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places and do new things, he should say, "Count

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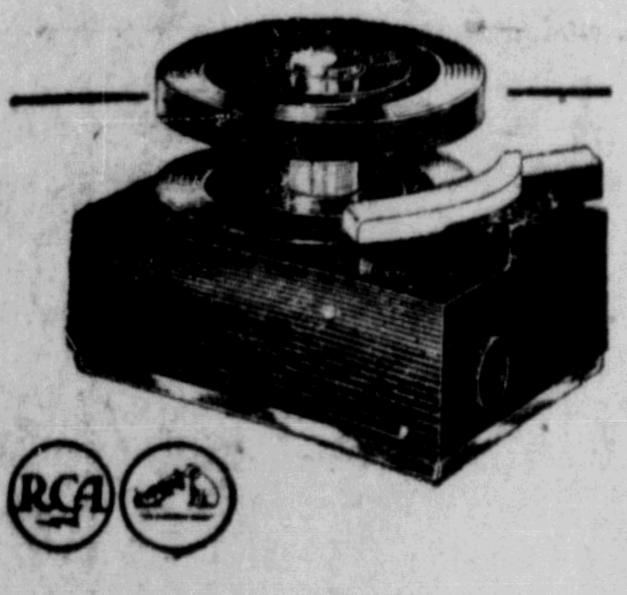
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