

The Experts Say - -

By Kay Rex
Canadian Press Staff Writer

HIGH HEELS—High heels may be making fashion headlines, but as far as health experts are concerned, they just mean so many more pairs of sore feet.

In a booklet "The Care of the Feet," the health and welfare department recommends a heel 1 1/4 inches high.

Anything more than this is

"excessive," and frustrates the activity of the calf muscles and those in front of the leg in moving the ankle joint.

"Soon these muscles become impaired, those of the calf tend to shorten, and it is not uncommon to meet people who cannot bring the foot to a position at right angles to the leg," says the booklet, which was written by Alexander Gibson of London, England.

Buying shoes that are too small is one method of cramping the feet, but wearing stockings and socks that are too short is another.

Woolen socks should never be rubbed or wrung out, but always should be dried on forms to preserve length and width.

With hot weather approaching, the booklet has a few tips on foot comfort. It urges: daily cleansing and thorough drying; free action of the muscles; exercises—contrast baths, leg muscles, toe muscles.

For persons who constantly mistreat their feet, the booklet lists a grim series of penalties.

Foot-strain is one of the most common disabilities. Callouses come as a result of pressure, and "usually are derived from badly fitting footwear."

Hammer-toe generally affects the second toe and often is traceable to short-shoes or stockings. Ingrowing toenails are seen on the great toe and result from wearing a shoe which is too narrow, and too pointed in the front part.

Bunions result from the use of improper shoes. When they are well marked nothing short of an operation will bring comfort to their owner.

RELAXATION NEEDED—All work and no play makes for dullness, warn health department officials. They urge equal parts of work and relaxation to give that balance of activity so essential to keep happy and healthy.

Rest is the most beneficial relaxer for some persons. On the other hand others profit most from exercises, recreation, or some sort of change.

HEALTH RULES—Compliance with common-sense health rules is the best means of keeping young while growing old gracefully. Health experts claim that many of the physical problems of aging can be anticipated. The best way to prevent the degenerative diseases is to catch them before they get a good start. A semi-annual check-up by a good physician will ensure that.

WIDELY USED NOW
Stainless steel, introduced by an Englishman, first came into prominence in the early 1900s.



JIM WEST SAYS

... ABOUT THE SALES TAX

Was listening to a Socialist ranting against the new sales tax in British Columbia the other day.

To hear him you'd think that if people only had the good sense to put in Socialism, there wouldn't be any sales taxes.

For my part, I don't like sales taxes any better than the next fellow. But let's look at the record.

In Saskatchewan, where there's a little Socialism, the C.C.F. Government was elected on a pledge to abolish the sales tax. But the sales tax hasn't been abolished though there have been five sessions of the legislature since the C.C.F. took office.

In Russia, where all industry is socialized, the heaviest sales taxes in the world are concealed in prices. These sales taxes have been estimated at 350 to 365 per cent of the price of the consumer goods. Two-thirds of the budget of the Soviet Union is raised BY SALES TAXES.

That's not surprising, seeing that Russia can't tax a non-existent private industry.

A sales tax is the easy way to collect taxes... particularly if you have a Socialist dictatorship and the voters can't strike back at you! Until Socialism can point Socialist administrations that give the people a decent standard of living without sales taxes, it had better drop the stick labelled "Sales Tax" which it has picked up in order to pound its opposition politically.

Jim West
"Jim West Says..." is sponsored by the British Columbia Federation of Trade and Industry. W-23

HUGH DALTON IS BACK IN CABINET

LONDON—Hugh Dalton, former Chancellor of the Exchequer, who resigned last year over a leakage of news prior to the presentation of the budget, has returned to the British cabinet. Announcement was made yesterday that he had been appointed Chancellor of the Duchy of Lancaster.

FAIRBANKS IS HIT BY FLOOD

FAIRBANKS—This city has been damaged by flood, the water, having risen to within two feet of the highest mark in its history. Water poured into the basements and first floors of many homes. A quarter of all Fairbanks families have had to move. In the village of Nenana, 50 miles south, water averaged four feet deep. Water was up to the windows of the local school building.

RESTORING OF SERVICES

Communications eastward from Prince Rupert and through the central interior, completely disrupted by the big floods in the Skeena and Bulkley River valleys, are gradually being restored on at least an emergency basis. Long distance telephone service from Prince Rupert into the interior was still cut off today but Government Telegraphs yesterday had a "phone as far west as Terrace and a telegraph wire into Hazelton whence traffic was being dispatched by circuitous radio routes. Canadian National Telegraphs here, completely without a land wire, are still routing traffic by way of Dominion Government Radio-telegraph and are also being assisted by Army Signals and amateur radio stations.

HIGHWAY IS STILL IN USE

Interior flood conditions notwithstanding, the northern transprovincial highway can still be travelled from a point approximately six miles east of Cedarvale to three miles east of Houston, according to latest highway reports from the interior. There are two bad spots between Telkwa and Smithers but these can be detoured.

MRS. STEEVES IS NEW C.C.F. HEAD

VANCOUVER—Mrs. D. G. Steeves has been elected president of the British Columbia-Yukon section of the C.C.F. party. She succeeds Colin Cameron of Vancouver in the post.

Mrs. Steeves is a former member of the provincial legislature for North Vancouver and she was named to her new position at a party conference in Vancouver yesterday.

D. Jaeger of Vancouver was chosen first vice-president, and C. G. MacNeil of Vancouver, was named second vice-president.

PRINCE GEORGE'S INITIAL VOYAGE

VANCOUVER—The steamer Prince George will make her maiden voyage to Alaska on June 10. The Canadian National Railways, British Columbia district, makes this announcement through its manager, Bernard Allen.

According to Mr. Allen, for the first voyage, the entire ship has been chartered by the Los Angeles Chamber of Commerce. In addition, the second trip, to be made on June 19, has been sold out.

The former master of the SS Prince Rupert will be the skipper. He is Captain E. B. Caldwell, an associate of the company for 30 years.

City Merchants

City merchants are asked in future to have copy for all display advertisements into the Daily News office by 4 p.m. of the day previous to their publication.

This co-operation will greatly assist the mechanical department in keeping to the regular hour for publication.

Hotel.. Arrivals

Prince Rupert
Mr. Wickham, Vancouver; T. Laurie, Vancouver; H. Thompson, Steveston; Ron Jacobson, Steveston; A. Godmarie, Steveston; W. Ebbutt, Steveston; F. Hodges, North Pacific; O. W. Phillipson, North Pacific; D. J. Milne, Nanaimo; W. L. Tait, Nanaimo; Mr. and Mrs. D. Seccord, city; A. Wilson, Prince George; W. Wright, Oceanic; P. Morgan, Vancouver; Capt. K. F. Adams, Ottawa; Lieut. Commander Simms, Ottawa; Lieut. Commander J. Pratt, Ottawa; E. Williams, city; Mr. and Mrs. R. Battersby, Georgetown; Hon. E. T. Kenney, Victoria; Mr. and Mrs. C. Bunn, Vancouver; Rod Bell, Vancouver; Mrs. O. Antonsen, Vancouver; Mrs. A. Ellertson, Vancouver.

Steamship Movements

For Vancouver
Monday—ss. Princess Adelaide 10 p.m.
Tuesday—ss. Cardena, 1:30 p.m.
Thursday—ss. Prince Rupert, 11:15 p.m.
Saturday—ss. Catala, 9 a.m.
June 9—ss. Princess Norah, p.m.
June 12—ss. Princess Louise, p.m.
From Vancouver
Sunday—ss. Cardena, p.m.
Monday—ss. Princess Adelaide, p.m.
Wednesday—ss. Prince Rupert, 10 a.m.
Saturday—ss. Catala, a.m.
June 4—ss. Princess Norah, a.m.
June 7—ss. Princess Louise, a.m.
For Alice Arm, Stewart, Port Simpson
Sunday—ss. Cardena, mid-light.
From Alice Arm, Stewart, Port Simpson
Tuesday—ss. Cardena, a.m.
From Ocean Falls
Monday—ss. Princess Adelaide, p.m.
Wednesday—ss. Prince Rupert, 10 a.m.
Friday—ss. Catala, p.m.
For Ocean Falls
Monday—ss. Princess Adelaide, 10 p.m.
Thursday—ss. Prince Rupert, 1:15 p.m.
From Alaska
Thursday—ss. Prince Rupert, 8 p.m.
June 9—ss. Princess Norah p.m.
June 12—ss. Princess Louise, p.m.
or Alaska
Wednesday—ss. Prince Rupert mid-light.
From Queen Charlotte Islands
June 7, 18 and 28—ss. Coquitlam, p.m.
For Queen Charlotte Islands
June 8, 19 and 29—ss. Coquitlam, 11 p.m.

BOWLING SCHEDULE

June 1—Variety vs. Lucky Strikes Watts vs. Big Sisters. Savoy vs. Orange. Toilers vs. Comets. Manson's vs. Annettes.
June 3—Bankers vs. Coasters. Blowers vs. Rosa Lee's. Miller Bay vs. Sweet Sixteen. Moose vs. Westview. Scuby's vs. Cosmos.
June 8—Cosmos vs. Orange. Savoy vs. Variety. Manson's vs. Comets. Watts & Nickerson vs. Toilers. Annettes vs. Westview.
June 10—Lucky Strikes vs. Rosa Lee's. Scuby's vs. Coasters. Moose vs. Miller Bay. Blowers vs. Bankers. Big Sisters vs. Sweet Sixteen.
June 15—Variety vs. Orange. Manson's vs. Toilers. Watts & Nickerson vs. Westview. Lucky Strike vs. Cosmos.
June 17—Blowers vs. Coasters. Scuby's vs. Rosa Lee's. Moose vs. Big Sisters. Annettes vs. Sweet Sixteen. Miller Bay vs. Comets.

BIG FISH MARKET
In 1944 the wartime demand for Canadian fish, raised the marketed value of that produce to an all-time high of \$89,419,000.



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NAAS VILLAGES OBSERVE MAY 24

Horse Parade Feature of Victoria Day Celebration

AIYANISH—This Naas River village put on one of the biggest May 24 celebrations in its history, drawing spectators and sport contestants from Greenville, Canyon City and Kincolith in addition to its own entries. Well over 100 visitors attended the events at Empire Park.

The celebration opened with a parade which was headed by the Aiyanih Silver Band, followed by all contestants and about 50 children, all carrying flags. The parade formed at the school and wound through the village to the Park.

A highlight of the day's events was the horse parade which followed the sports events. This event, unique on the coast, included 50 horses from the nearby district. The parade was followed by a race in which Beal, owned by James Adams, was winner.

A dance at the Y. M. S. Hall concluded the celebration. The hall was crowded by visitors and villagers.

Winners of the men's baseball and softball trophies was Greenville which came out on top of the four-team play involving Aiyanih, Kincolith and Canyon City.

Aiyanih won the football trophy after defeating Greenville by a score of 3-0 and Canyon City 1-0.

Canyon City won the girls' softball by defeating Aiyanih. Following are the results of the foot races:

100 yard dash—Cecil Morvin, Aiyanih.
220 yard—Cecil Morvin, Greenville. Tommy McKay.
440 yard—Albert Robinson, Greenville. Nathan Woods.
1 Mile Race—Albert Robinson, Greenville. O. Woods.
Relay Race—Aiyanih team.

NATIONAL PARK FOR N.B. FREDERICTON, N.S.—An area of 79.5 miles in Albert County has been acquired by the New Brunswick government for a National park. It will be the first such park in the province.

You saw it in the News!

CFPR Radio Dial 1240 Kilocycles (Subject to change)

TUESDAY—P.M.
4:00—Al Harvey Show
4:15—Stock Quotations and Int.
4:30—Max Chamitov
4:45—Deep in the Woods (Wpg.)
5:00—The Looseleaf
5:30—Platter Parade
5:45—To be announced
6:00—Supper Serenade
6:15—Dinah Shore
6:30—Varieties
6:45—Smoke Rings
7:00—CBC News
7:15—CBC News Roundup
7:30—Leicester Square to Broadway
8:00—Winnipeg Concert Orch.
8:30—Record Album
9:00—Alberta Ranch House
9:30—Heritage of Music
10:00—CBC News
10:10—B. C. News
10:15—Neighborhood News
10:30—Pacific Pianoorte
11:00—Fish Arrivals
11:05—Weather and Sign Off

WEDNESDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert
9:00—BBC News
9:15—Morning Devotions
9:30—Transcribed Melodies
9:45—Modern Musicians
9:59—Time Signal
10:00—Morning visit
10:15—Morning Melodies
10:30—Roundup Time
10:45—Scandinavian Melodies
11:00—Bernie Braden Tells a Story
11:15—Reminiscent
11:30—Weather Forecast
11:31—Message Period
11:33—Recorded Interlude
1:45—Famous Voices

P.M.
12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Recorded Int.
1:00—Symphony Hour
2:00—Feature Concert
2:15—Family Favorites
2:30—Commentary and My Own Mother
2:45—Dor, Messer's Islanders
3:00—Ethel and Albert
3:15—Spotlight on a Star

3:20—Sketches in Melody
3:30—Descriptive of the Laying of the House of Commons Foundation Stone

REPORT GOOD FISHING
WOODSTOCK, Ont., (C)—Anglers from Toronto, Detroit and Western Ontario points report good fishing in Oxford County. Oxford trout is averaging 12 to 14 inches in length, with speckled trout predominating.

POLICEMEN ABUSED
LUNenburg, N.S., (C)—Police officer Oickle told town council he has been subjected to considerable abuse by citizens object to the use of police meters here. He was instructed to enforce the law and requested the police committee to furnish the names of persons.

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