

SAILING SEVEN SEAS

RUPERT-BUILT WESTWIEW PARK-This 10,000-tonner, produced by the local shipyard, is now playing her part in the mes of the war. According to word received by Robert Cameron, superintendent at the local yard, from her master, Capt. Jack, and chief engineer, Alexander Morrow, she is functioning perfectly and, in the words of the chief, "everything has beautiful." The master writes, "we cleared in convoy and made a nice passage across." -Photo by E. John Wilson. Courtesy "Builders of Freedom."

### e Problem of Peace In Europe Ill Eclipse San Francisco Parley

NNOUNCEMENT TOMORROW?

MRO, March 31 (CP)—The Cairo newspaper el Yom said today that radio stations ghout the world would have an "announceof greatest importance at 9 a.m. Sunday. 10 networks in the United States said they leard nothing of such an expected announce-Canadian Radio Broadcasting Corporation

enied knowledge of such an announcement). WASHINGTON, D.C., March 31 (CP)—Persons high in Alulletins lied war councils made guarded and private forecasts that

events in Europe virtually will black out the San Francisco LIN GETS RESPITE security conference as a pub-ON-Bad Weather conlie attraction but they in no hampered night air way minimized the tremenons against the German dous importance of the meet-Wednesday and Thursing. They foresaw the liklights but it was attacked hood that, while representasquitos again last night. tives of some forty-five United LIED SHIPS SUNK Nations meet in San Fran-DON-Announcement is cisco to plan world organithat an Allied convoy zation to maintain peace, Alway to Russia recentlied powers will be faced with fered the loss of several the more pressing and diffiwhen attacked by Gercult task of making peace in urface and air craft. The Europe. One official, fresh ian destroyer Sioux was from the European front and convoy escort.

there, said the next ten days

should bring a decisive point

in the campaign against Ger-

PORTLAND, Ore., March 31 (1)

Finally Beaten

ITTION OF PRISONERS DON-A Red Cross reon condition of some dlied prisoners in a Hong camp says the children good health although people are not so well. s needed. In 1942 there 31 deaths, in 1943, 17, om January to May 1944,

ELOCITY ROCKETS ON- Thunderbolt

of the United States Air Force now are equipith new five-inch highy rockets. The weapons ierce the thick armor of azis' biggest tanks as well avily-reinforced concrete. ew rockets are reported more accurate than

ockey Scores lanley Cup Play-offs

to date, Toronto 3, Mont- almost inconceivable."

must not falter or fail"— effectively against this contin- the two committees. battle against diphtheria. ent.

# BUDDING PUBLICITY ORGANIZATION

If anyone in Prince Rupert has any ideas on what might make a suitable complimentary slogan for this ROTARY CLUB city they had better turn them in to the newly formed Prince Rupert publicity committee. For if an idea catches on it faces the bright prospect of becoming a cheon meeting Thursday gave household word throughout the continent.

Prince Rupert householders should make their town justify the name of the "garden city" so that it can prevent a wellgroomed and colorrui appearance to tourists and visitors.

Any publicity drive on the part of this city should be co-related with other centres in normwestern B.C. for all have a stake in the development of the area.

These were among the ideas presented and discussed at the first meeting of the publicity committee in the city council chamber on Thursday night when 14 representatives of various organizations took the milong associated with operations tial step in a program to unshroud Prince Rupert to the

> The meeting named Lloyd Morris as president, with Ald. Norah E. Arnold as vice president and Harold Iverson as secretarytreasurer. It also laid plans for the creation of a financial and operational program.

While the actual confirmation of sub-committees was set over May Be Used Before Nazis Are to the next meeting on April 19; the outline of the organization took the suggested shape of two major sub-committees, one or A member of the anti-Nazi Dutch | which will be responsible for finunderground declares that the ancing the effort, and one Germans have a deadly secret which will be responsible for ac-

weapon which they may use be- tual publicity operations. The operations or objective fore they are beaten. Jacob Van committee would be divided into Berkel made the statement in internal and external publicity Portland, Oregon, where he is committees, the former to be appearing under the auspices of responsible for seeing that the the Netherlands information city gives itself good publicity by making itself attractive and tidy The Dutch underground mem- and the latter to function along R. S. Greig.

ber says this enemy weapon is with other district centres. real 10, Toronto 3. (Game "so powerfully destructive it is "The internal committee would J. A. Donnell. be a sort of 'clean up' committee Van Berkel described the Nazi charged with the job of making o date, Detroit 3, Boston 2. (Game secret weapon as a small device the city appealing to visitors," Harold Ivarson.

Which could be placed in a rocket Alderman Arnold commented as which could be placed in a rocket and the appealing to visitors," Harold Ivarson. bomb. He said it can be launched she moved the appointment of

Need for a larger representa- TB.

meetings was emphasized. publicity across.

Prince Rupert's good points

city will be carried to all resi-

The meeting adopted a motion by G. A. Hunter that a resolution be framed for presentation to a meeting of the Associated Boards of Trade at Vanderhoof in May urging the creation of a district publicity organization.

As chairman of the sunfor Chamber of Commerce publicity committee which sponsored the idea, Lloyd Morris took the chair prior to his permanent appointment. He outlined many of the ideas which were later discussed at the meeting.

Those in attendance were: City Council and Rehabilitation Council, Alderman Norah

E. Arnold. City Council, Mayor H. M. Dag-

R. Olsen. Kinsmen, Sid Elkins.

Canadian Legion, W. E. Den-Rotar, B. R. Dodds and Jack

Chamber of Commerce and Gyro Club, G. A. Hunter.

Canadian National Railways, Women's Canadian Club, Mrs.

Junior Chamber of Commerce, C. G. Ham, Lloyd Morris and

Only a doctor can tell who has

# Allies Overrunning leich In Advance

PRICE FIVE CENTS

#### HITLER'S OBSTINACY DELAYING ARMISTICE

LONDON, March 31-The German High Command has advised Adolf Hitler that the war has been lost and that an armistice should be sought. A conference between Hitler and his military leaders broke up when the Fuehrer insisted that he and Heinrich Himmler should remain in control.

#### LOCAL CHAMBER OF COMMERCE FAVORS EQUALIZATION OF TAXES

Basketball-

# DALLI Adilics

OCEAN FALLS, March 31 (CP) - Prince Rupert boys, playing one of the best games they have ever put up, downed classy Ocean Falls opposition to win the opening game of the inter-High School series here last night by a score of 59 to 40. The Rupert lads Postuk leading the scoring pace with 24 points. Jim Forman also played a stellar game.

girls' game by a score of 39 to 26. It was a gruelling con- ated. test and Ocean Falls put up surprisingly stiff opposition. put up strong defence.

approval to a slate of officers evening. and directors for 1945-46. Prestion of citizens at subsequent ented by a nominating commit-

The Prince Rupert Chamber of merce that in the public interest "a fair, just and equitable basis" of income war tax and excess

es profits tax should be applied to all persons carrying on business Joebs whether organized as corporations, co-operative or mutual companies along the following Observes principles: That all persons carrying on

the same or similar businesses | Canada be subject to taxation on the same basis under these (Income War and Excess Profits Tax) Acts and be subject to the same administrative rules and were ahead all the way, Pete | regulations in computing what shall constitute taxable profit. That the double taxation of

income paid out as dividends which the present income tax Prince Rupert also won the imposes on all persons subject to taxation thereunder be elimin-

That until such double taxation of all income paid out as for Prince Rupert with 14 and Ruth Chase, the Falls skipper, operative or mutual companies HOCKEY GAME topped her team with eleven. and associations be dealt with in Helen Balagno and June Berg the same manner as all other STARLER dividends which are now exempt from taxation as income of the

#### Weather Forecast

Saturday- Fresh to moderate

winds, partly cloudy and cool. Sunday- Fresh to moderate Members of the Prince Rupert winds, partly cloudy in morning Rotary Club at their weekly lun- becoming cloudy in afternoon completed their line-up of rewith intermittent light rain in cruits 20 minutes before game

tee consisting of several past school staff left Thusday for Navy lost only two games both ficers believe the determined Mrs. S. Elkins, I.O.D.E. repres- presidents, the slate named Vancouver to spend the holidays to Air Force and tied one game enemy stand in the vicinity of entative, urged members to re- James H. Thompson as presiden- in the south. They are Miss E. A. against Fortress. turn to their clubs and organiza- tial nominee. The new slate will Mercer, Mrs. B. Walker, Miss Fortress picked up a new third a complete enemy withdrawal tions with the idea of putting take office at the beginning of Florence Connor and Miss M. D. line from Service Corps in Web- from northern Holland. Kirkpatrick.

# Prince Rupert's good points known," she said. The search for a slogan for the War News Highlights

#### Allied Armies Smash Forward

Allied armies are smashing forward at a rate of 30, 40 and 50 miles per day on the western front. The greatest mass surrender of the war on the part of the Nazis is on. Many Allied prisoners of war have been liberated by the advancing armies including eleven British brigadiers and three war correspon-

The latest positions of the Allied armies follow: Canadian First-Has cleared Emmerich of Nazis on way to V-Bomb bases.

British Second-Has entered Muenster on way to Hamburg. Bremen and Wilhelmshaven. American Ninth-Has entered Paderborn,

American First-Has cut an important road 180 miles from Berli.n

American Third Army-One column 11 miles from Kassel, another 90 miles from Leipsic, another 30 miles from Nuern-

American Seventh Army-Has entered Heidelburg. French Army-Has entered Baden.

#### Sons of Norway, John Storseth, Greatest Bombing Raid Yet

The largest force yet of Royal Air Force bombers and fighters-1300 bombers and 900 fighters-attacked submarine yards, naval vessels in port, oil and harbor installations at Bremen, Hamburg and Wilhelmshaven on Friday. Last night British Mosquitos again bombed Berlin.

#### Russians Take Danzig

The Russians yesterday occupied Danzig, the historic Baltic port, Hitler's annexation demand of which was the immediate cause of the war. To the south the Russians have reached a point only forty-four miles from Vienna.

#### Britons Join Americans

The British battleship King George V and the famous aircraft carrier Illustrious are included in a powerful British naval task force which has joined the American assault fleet against the islands to the south of the Japanese homeland.

## American First Army Only 180 Miles From Germany's Capital City

British Second Army Headed for Hamburg, Bremen and Wilhelmshaven-Air Assault Kept Up With Unabated Fury

PARIS, March 31 (CP)-Three thousand Allied tanks are over-running western Germany today in a Commerce, through its executive great mass armored offensive that already has spearcouncil, has gone on record as ed to within 175 miles of Berlin. The Ruhr has almost supporting recommendations of been snared from Hitler's dwindling Reich and 40,000 the Canadian Chamber of Com- enemy troops face entrapment in the former indust-

The closest approach to Berlin has been made by the American First Army. Tank divisions of the First have crossed the Eder River in gains up to 21 miles and have entered Fritzler, 15 miles from the industrial city of Kassel. In the north, First Army tank

MUENCHEN GLADBACH,

Germany, March 31 (CP)-The

ancient Jewish holiday of the

Passover was celebrated yes-

terday in the home of one

Paul Joseph Goebbels. Dr.

ganda minister. Dr. Goebbels

at one time, November 8, 1928,

to be exact, decreed the burn-

ing of all Jewish synagogues in

A capacity crowd was treated

when Navy and Fortress played

a 3-all tie in the first game

of their two-game goals to count

Fortress lost four players

earlier in the day and finally

semi-final series.

that lead.

their Webber-Cote play to go

into a lead again. At 17.30 Astol

made a spectacular rush from

behind his own goal, stick-

handled through the entire

Fortress team at top speed,

made a smart play on goalie

The two teams meet again

tonight for the second game of

the series. It is a goals to count

two-game series with winner to

meet Air Force next week for

the finals in a two-out-of-three

FLOODS IN WINNIPEG

dead as a result of floods at

Winnipeg. Outlying sections of

the city have been inundated.

WINNIPEG- One person is

Suby to tie the score again.

Germany.

columns have slashed through Paderborn at the edge of the north German plain. There, the American columns are within sixty miles of a junction with elements of the Twenty-First Army group of Field Marshal Montgomery. Goebbels is Germany's propa-

The British Second Army, with at least three armored divisions in its vanguard, is rolling over the Westphalian Plain in a drive that has carried it many miles beyond the Rhine. Unofficially, the Second Army's goal is said to be the north German ports of Hamburg, Bremen, and Wilhelmshaven.

Meanwhile, units of the Canadian Second Division have been given another battle assignment. The Second has to a real hockey thrill last night rolled over Holland's border again and is driving toward the launching sites of Germany's V-bombs. The Canadian drive may be intended to remove the threat of the enemy's vengeance weapons from southern England.

Troops of the Canadian Third time. The series started with Division have completely cleared Navy as top favorites in view of the enemy out of the town of Four lady teachers of the local the season's record in which Emmerich. Canadian staff of-Emmerich is an attempt to cover

ber, Trickey and Cote and it Little Resistance turned out to be the power line To Great Air Assault with some of the smoothest Allied heavy bombers appar-

plays of the night which scored ently have attacked Bremen in two out of their team's three force today. A large formation goals. In the last period Cote of American planes left Britain shot a pass the full length of early this morning and enemy the floor to Webber who came broadcasts a short time later in fast behind Navy defense and indicated that the bombers were received perfectly, drawing Goal- headed for Bremen. A record keeper Cummings out of his nets fleet of American planes blastto flip in a high corner back- ed Bremen yesterday, along with hand shot. It was sweet to Hamburg and Wilhelmshaven. During the night, R.A.F. Mos-Navy went into the lead after quito bombers attacked Berlin.

only 1.32 minutes of play and Canadian Typhoons and Spit-Fortress tied it up at 8:30 min- fires bombed and strafed enemy utes. Fortress surprised the transport fleeing east and northcrowd by pulling into the lead east from Field Marshal Montat 16.10 of the second period gomery's Twenty - First Army and finished the period with group battle area yesterday.

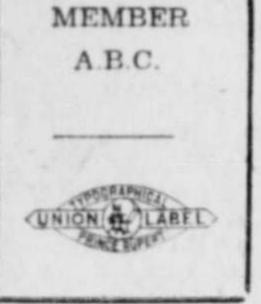
The only German aircraft seen In the third period Navy throughout the day was shot started their power plays and down by a Canadian Spitfire tied it up again on a beautiful pilot near Odensburg. Two Canshot by Astol from twenty feet adian aircraft are missing from out at 10.30. Fortress then pulled the day's operations.

#### WANTED JOURNEYMAN HELPERS

Prince Rupert Dry Dock and Shipyard

APPLY

National Selective Service AM 173



#### Public Health Publicity Effort

There can be no overestimate of the value of public health. Physical wellbeing is, of course, the primary vital sinew of a strong, virile and progressive nation.

We can truly enough boast of the efforts that have been made to promote better public health in Prince Rupert. We believe that we can set ourself up as an example to other communities in the measure of our appreciation thereof.

Good use has been made of publicity facilities to educate this community in

Fashion-Craft cloth

samples for Spring

RANGE IS NOT LARGE BUT

QUALITY OF FABRICS

IS EXCELLENT

We suggest that you order that suit

NOW before cancellations are heavy.

\$36.50 to \$57.50

"THE MEN'S SHOP"

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OFFICE SUPPLIES

BIRTHDAY AND EVERYDAY CARDS

WATERMAN'S FOUNTAIN PENS

INDUSTRIAL & MARINE REPAIR

WE REPAIR ANYTHING

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BOOKBINDING

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FLASH...

have arrived.

the benefits of public health. An ex-cellent moving picture film has been HIGH SCHOOL produced and today the Daily News is FOR NATIVES presenting a special supplement in the publication of which the Junior Chamber of Commerce and the Public Health Unit have collaborated.

Not only are these supplements cial to the Daily News)—A resobeing made available for the enlighten- couver by the executive of the ment and information of every home Native Brotherhood of B. C. that and citizen of Prince Rupert through a native high school be establishthe wide circulation of the Daily News ed in the northern part of the but several thousand extra copies have here when W. B. Morgan, northbeen printed for wide-spread distri- ern interior vice-president of bution from one end of Canada to the the Brotherhood made his report other, particularly among Junior of the executive session to a Chambers of Commerce and public meeting of the Skeena district bealth organizations health organizations.

We think that the Junior Chamber cation by passing a motion that in his bereavement. of Commerce and the Public Health the school be set up away from Unit are to be congratulated on this the coast district and in an area Mrs. P. V. Tallon and young ambitious publicity effort with which where agriculture could be car- son, Larry, left on Wednesday the Daily News is proud to have been tween Kitwanga and Hazelton Endako. identified. We commend it to the de- was favored. tailed perusal of all readers for their own benefit.

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"You Always Hurt The One You Love" "There Goes That

Song Again" Victor record 20-1606 Sammy Kaye

"Saturday Night" "I Don't Want to Love You" Victor record 20-1635

Sammy Kaye "When the Boys

Come Home" "Evelina" Victor record 20-1621 Freddy Martin

"Accentuate The Positive" "Jumpin' On the

Merry-Go-Round" Victor record 20-1612 Artie Shaw

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Advertise in the Daily News

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Islands every ten days.

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ACETYLENE AND ARC WELDING

These are our watchwords in filling prescriptions! And while every prescription isn't a matter of life or death, we fill it as though it were. We use only the purest and finest quality drugs-and compound with precision accuracy. Our reputation has been built on years of expert reliable compounding.



Open Daily from 9 a.m till 9 p.m. Sundays and Holidays from 12-2 p.m. and 7-9 p.m. THE REXALL STORE PHONES 81 and 82

Should be Located in North-Salmon Price Negotiations

KITWANGA, March 31 (Spe-

However, the meeting narrowried on. A site in the district be- night's train for their home

Mr. Morgan said that the Un- BOB WILLETT ted Church of Canada had defintely promised to back every effort to have a native high terior was found best.

been sent to Prime Minister Mac- weeks before entering the freekenzie King urging the removal lance field of radio. Bob is featof taxation and conscription of ured in the current copy of natives on the grounds that since | TUNE IN Magazine. they are not granted the rights of citizenship they should not be asked to share in the burden of should be immunized at the age maintaining the war.

Reporting on salmon price or the Health Department. negotiations, Mr. Morgan said that a negotiating meeting would be held at Cape Mudge on May 21 with cannery operating com-mittee members are cannery for All managers. The meeting chose Harold Sinclair as delegate to attend the conference.

In a brief speech following Mr. Morgan's report George H. Moore urged that no salmon fisherman begin operations until after prices for the year had been settled.

Methods of sanitizing eating nd drinking utensils will show drastic improvements after the war. Chemical cleansers developed for use of the Armed Forces, where hot water for sterilization was unavailable, will find widespread use in eating and drinking claces with consequent reduction the spread of mouth-borne

War bring epidemics - protect your children.

#### TERRACE

Harold Whalen of the Canadian Infantry Corps at Calgary, Alberta, is home on leave and will be returning on Saturday to his headquarters. He joined up in October 1944 and has had si months basic training.

Late Saturday night, Corporal James L. Richardson and Wilma Parks received word of the sudden death of his father at Ed- J. Fite. monton, Alberta. He and his wife and little boy left on the midnight train. Corporal Parks has been granted 20 days leave anl it is not likely that he will come back to Terrace until he and his family come back to take up residence on their ranch. Corporal Parks was well known for his paintings of local scenes and the townspeople have extended their sympathy to him

### LEAVES RUPERT

Announcer Bob Willett, who school established in this dis- has been employed by the Canatrict, either near Prince Rupert dian Broadcasting Corporation or in whatever part of the in- at CFPR for several months, left last night for his home in Vic-He reported that a letter had toria where he will spend a few

> Do you know that your child of six months? See your doctor



#### GEORGE DAWES AUCTIONEEER

- and -VALUATOR

SALES CONDUCTED TO SUIT YOUR CONVENIENCE FURNITURE AND HOUSEHOLD EFFECTS PACKED AND SHIPPED

Estimates Phone for Appointment Phone Red 127

FOUR OFFICERS

ARE PROMOTED

Promotions from second to

first lieutenant for four officers

of the Prince Rupert sub-port of

embarkation have just been an-

nounced by the commanding of-

ficer. Those promoted are John

M. Davis, Robert I. McClaughry,

Relieve Headache Pain

Aspirin Eases Headache Almost Immediately

FAST!

Genuine Aspirin's new prices now make it easier than ever for you to get fast, effective relief from headache misery.

#### WHY ASPIRIN WORKS SO FAST

See with your own eyes why Aspirin takes hold of pain a few minutes after taking. Drop an Aspirin Tablet into a glass of water. Almost instantly it begins to dissolve. And that same fast action takes place in your stomach. That's why Aspirin relieves you so quickly. For years Canadians have relied on Aspirin for fast relief, for effective relief - above all - for dependable relief. Get Aspirin at your druggist's today!

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The Bayer cross on each tablet is

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81 or 82

MARKET

Features:

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Beef : Pork

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Under Most Sanitary

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Phone 178

311 Third Ave.

### Announcement...

After serving the public for over 17 years 2. Kenney Limited has decided to sell the retail by ness handling hardware and allied lines, to Mean Johnstone and Michiel who will take over operation on April 1.

At this time we wish to extend our sines thanks to our many patrons who have given us the whole-hearted support during the years that he passed, and to also hope that the same support as be accorded the new owners.

E. T. Kenney Limited wil continue to serve to public as Real Estate brokers, and also with Pa Insurance, Life Insurance, Casualty Insurance allied lines. The new office will be found in the E. T. Kenney Limited Building, on Kalum Street just around the corner from the store entrance

# E. I. Kenney Limite

TERRACE



"Strap Strategy"

We are just a little proud of this nevest arrival. A real addition to your Easter wardrobe, in town brown, softie calfdi

\$7.45 CUT RATE SHOE STOR

Beg to advise that having completed War Priority Contracts, are prepared to supply the DOMESTIC MARKET with high quality, long lasting

Phone your dealer and save.

RUPERTBRAND

COMPANY LIMITED

PRINCE RUPERT, B.C.

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Electrical Supplies-Home Wiring and Rep

Offices in Vancouver and New Westmins Phone Black 367

### NOTICE

J. H. MAIR has been appointed sole

representative of NATIONAL MONUMENTS

for this district. The business has been purchased from A. Weixl by

Prince Rupert St. W. Yule.

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Beautifully FRF MARSHALL-WELLS Pain Drop into your nearest Marshall-Wells paint dealer and get your free copy of "Planned Painting." Tells you how to finish floors, walls and furniture . . . how to choose the right colors and get the most out of painting. See finished paint In many jobs in natural color. cities the rellow pages Learn about beauty by of the phone the gallon. book show Marshall-Wells paint dealers MARSHALL-WELLS PAINTS VARNISHES FINISHES

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We can say this in three words . . .

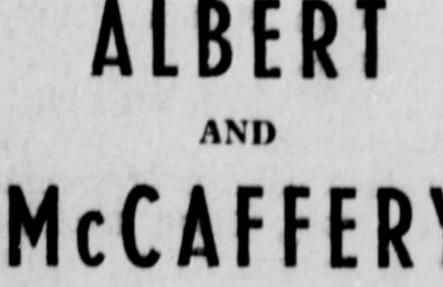




ALBERT AND McCAFFERY



PHONES 116 - 117





Including the latest

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Ostrich Plumes Galore

All New York Styles

hette's Ladies' Wear

Prince Rupert

### HANGE IN STORE HOURS

Starting Monday, April 2nd

r store will stay open until 6:00 p.m., except Thursday closing at 1:00 p.m.

enable our patrons to do their shopping after work with greater ease.

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HOME COOKED MEALS

Open 7 a.m. - 8 p.m. ALL WHITE HELP

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RADIO is your link with the world!

Keep it in perfect condition—have it checked and repaired by an expert—call

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Blue 69

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PHONE 83

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ESTIMATES WORK GUARANTEED

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Blouses for 99c.

Good music.

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They Arrive!

Baby's teeth we mean. Give

them thought before they ap-

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Good teeth start with the

mother's diet . . . and through

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calcium, phosphorus and

vitamin D are needed to build

Carnation Milk with its extra

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IN THE SUPREME COURT

BRITISH COLUMBIA

IN THE MATTER OF THE

"ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE

TAKE NOTICE that by Order of

of the Supreme Court of British Coi-

the said Estate are required to file

notified.

of which I shall have been

Official Administrator,

Prince Rupert, B.C.

DATED at Prince Rupert, B.C., this 19th day of March, A.D. 1945. NORMAN A. WATT,

GOVERNMENT OF PROVINCE OF BRITISH COLUMBIA

DEPARTMENT OF PUBLIC WORKS

NOTICE TO CONTRACTORS

Construction of a Steel Hull

for Kootenay Lake Ferry

for Steel Hull, Kootenay Lake Ferry'

will be received by the Minister of

Public Works up to 11 a.m. of Wed-

nesday, second (2nd) day of May

1945, and opened in public at the

office of the Minister at that time

Plans and Specifications, etc., may be obtained on deposit of the sum of

twenty-five dollars (\$25.00) for each

cation to the Chief Engineer, Parlia-

ment Buildings, Victoria, B.C. This

deposit will be refunded on the re-

turn of the Plans and Specifications

by an accepted cheque made payable

be forfeited if the Contractor tend-

ering declines to enter into contract

fails to complete the work con-

ers will be returned to them when

the contract has been awarded.

Department of Public Works,

Parliament Buildings,

Victoria, B.C., 23rd March, 1945.

forms supplied.

when called upon to do so, or if he

The cheques of unsuccessful tender

Tenders must be made out on the

The lowest or any tender will not necessarily be accepted.

to the Minister of Public Works for

of eighteen thousand

A. L. CARRUTHERS,

etc., in good condition.

set. These can be obtained on appli-

Sealed Tenders, endorsed "Tenders

OF ALEXANDER MacAULAY, DE-

Limited, Vancouver, B.C.

"from Contented

and maintain sound teeth.

Cleaners and Laundry. (79

▲ Cash for old gold. Bulger's.

Fred Scadden left Thursday night on a trip to Vancouver.

▲ If you want Grade A Special Quality Red Brand Beef, we have it. Skeena Grocery.

In view of the Easter Monday holiday, the regular monthly meeting of the Prince Rupert Chamber of Commerce has been postponed until next Tuesday evening in Reid's Cafe.



#### First United Church 636 Sixth Avenue West

. J. A. Donnell, M.A., Minister Mr. J. S. Wilson, Choir Leader Mrs. Collin Carrell, A.T.C.M., Organist

Public Worship at 11 a.m. and 7:30 p.m.

Sunday School at 12:15. The Friendly Hour" in the Manse at the close of the evening service.

First Presbyterian Church Fourth Avenue East

Rev. A. F. MacSween, B.A., Minister Mrs. E. J. Smith, Choir Leader Easter Sunday

10:30—Roll Call in Church School 11:00 a.m.-Morning Worship. Anthem: Junior Choir.

"Jesus Is Risen." The Church School will worship with the Congregation. 7:30 p.m.—Evening Worship. Sacred Cantata: Senior Choir. "Gethsemane to Calvary."

Soloists: Mrs. Wm. Martin. Mrs. Jos. Naylor, jr. John A. Teng, John E. Davey. 1 THINK Before 1 invitation to worship

with this congregation is ex-

#### St. Paul's Lutheran Church

tended to all.

Cor. 5th Ave. and McBride St. Rev. Magnus B. Anderson, Pastor

11 a.m.—Easter Service. Two anthems by the Chapel 12:15-Special-Service.

7:30 p.m.—Easter Pageant by the Jr. and Sr. Confirmation classes—with music. A cordial invitation to all.

Prince Rupert Full Gospel Tabernacle 221 6th Ave. West. Rev. J. Linney, Pastor.

.11:00 p.m.—Devotional. Mrs. S. Shannon brings report of work of Gospel Ship on B.C. coast.

12:15 p.m.—Sunday School. Rev. Phill. Gaglardi in charge. 7:30 p.m.—Evangelistic. Subject: "After Death, What?"

The Greatest Bridge Ever The Marriage at the Cross. Don't miss this!

St. Andrew's Cathedral Dean, Very Rev. J. B. Gibson Organist and Choirmaster, S.S. Supt., F. J. Skinner

Easter Day a.m.-Holy Communion. :45 a.m.—Children's Service. 11 a.m.-Morning Prayer and Holy Communion.

Anthem: "Jesus Is Risen." 7:30 p.m.—Evening Prayer and Anthem: "Why Seek Ye the

Living Among the Dead.' Preacher, Rev. L. A. Morrant. First Baptist Church

Young St. and Fifth Ave. East Rev. W. W. Silverthorn, Minister Phone Red 839

11 a.m.—Easter Morning Service. 12:15 p.m.—Sunday School :30-"The Empty Tomb." Speaker, Capt. L. E. Mason, Canadian Army Chaplain.

Monthly Communion following the regular service. 8:45 p.m.—Singspiration. Tues., 8 p.m.—Young People's Union.

Wed., 8 p.m.-Prayer and Bible Study. You are cordially invited.

> Regular Baptist Services I.O.D.E. Hall

(5th Ave. and McBride St.) We preach Christ . . .

RUCIFIED ROWNED OMING

12:15 p.m.—Sunday School. 7:30 p.m.-Gospel Service. Speaker: G. R. S. Blackaby. Topic: "The Power of an Endless Life" (An Easter medi-

tation). SPECIAL MUSIC-"The Palms" (Gounod) Alvin Young.

If You Enjoy Hearty Gospel Singing—Come! Wed., 8 p.m.—Prayer Meeting. (at 424 Dunsmuir St).

Thurs. (I.O.D.E. Hall). 3:30 p.m.-Mission Band. 6:30 p.m.—Children's Hour. 8:00 p.m.-Young People's

Society. THE WHOLE BIBLE FOR THE WHOLE WORLD.

Less than two weeks after her David Allen, local manager of husband, Alfred Stork, first Kelly Douglas Co., left Thursday mayor of Prince Rupert and former Member of Parliament for Skeena, had passed away, Mrs. ▲ Special at Wallace's Depart-Emily Stork, the widow, died at ment Store, \$2 - \$4, Ladies' her home in Brampton, Ontario, on Wednesday of this week, ac-A Technocracy Inc. is sponsoring cording to advice received by bring it directly to those same a dance tonight, I.O.D.E. Hall. local friends. She had been an

(1t) invalid for many years. Like her husband, Mrs. Stork A Queen Mary Daffodil tea, was one of the very early resi-I.O.D.E. Hall, Easter Monday, dents of Prince Rupert, having April 2. Sale of home cooking, come here in 1909 from Fernie aprons, novelties, 2:30 to 5:30. Her many old friends here will The Gyro Club farewell affair regret to learn of her passing. to Mr. and Mrs. D. G. Borland Quiet and unassuming, she was next Tuesday night will take nevertheless very popular in the form of a dancing party in social circles. She was an active member of the Presbyterian Church.

A Dry Dock Male Choir concert, Upwards of 60 years of age, Presbyterian Church, Friday, Mrs. Stork was born in Brant-April 6, 8:15 p.m. Tickets 50c. ford, Ontario, of English parentage. She is survived by one son-Dr. J. D. Galbraith, superm- Douglas, of Chicago-and two tendent for the Department of daughters, Mrs. N. L. Freeman of Indian Affairs, left Thursday Seattle and Miss Patricia Stork night for a trip to Vancouver on at Brampton.

#### Announcement

Queen Mary Daffodil Tea, Easter Monday. Anglican Easter sale, April 5. C.C.F. Bridge Drive every Sat-

W.O.T.M. Dance, Oddfellows' Hall, April 4, 9:30 to 1:00. W.O.T.M. Sale and Tea in Odd-

fellows' Hall, Thursday April 5 3:00 to 5:30 p.m. Easter Dance, Friday, April 6, W.A. 1st Bn. Prince Rupert Regt. (MG).

Commemoration program, April 9, Lutheran Church, 8:15. Presbyterian Spring Sale, April 12.

C. W. L. Bridge, Whist and Cribbage, K. of C. Hut, April 18. Eastern Star Ball, April 20. St. Peter's Sale, April 26.

Dance every Saturday night Oddfellows Hall, 9 to 12. Swing Quintette Orchestra. United Spring Sale, May 3.

PURE WATER IS RARITY IN NATURE

It is a curlous fact that there in nature. Even as rain drops fall, they absorb minute particles of soot and dust from the surrounding atmosphere. The very process of seepage and drainage which creates water supplies also acts to gather bacterial pollution and supplies. Whatever the source of supply, be it river, lake, spring, deep well or shallow well, it is always in danger of contamination And when it becomes contaminated, it becomes a possible source of epidemics of water-borne dis-

Frank Canty of the Booth Memorial High School staff and Edward Wahl, principal of Conrad Street school, left Thursday night for Vancouver to spend the Easter holidays.



from developing Put a few drops of Va-tro-nol up each nostril at the very first sniffle or sneeze. Its quick action aids Nature's defenses VICKS against colds. Follow VICKS

in folder. VA-TRO-NOL

#### BARR & ANDERSON

LIMITED

Plumbing and Heating Automatic Sprinkling and Coal Stokers

Corner 2nd Ave. and 4th St. Phone Red 389 P.O. Box 1294

### Wm. H. Francks

Optometrist

of Vancouver

TO VISIT PRINCE RUPERT

ANNOUNCEMENT is made that at the solicitation of a number of residents of Prince Rupert Wm. H. Francks, optometrist, will visit this city.

Mr. Francks is President of the Columbia Optical Co., 605 Dunsmuir St., Vancouver and enjoys a wide and successful practice in Vancouver. He will bring with him a complete Ophthalmic Diagnostic unit and will examine eyes and prescribe lenses if they are required. Mr. Francks will be at Hotel Prince Rupert from April 4 to 15. Appointments can be made at Hotel.

New Hats for Spring

A new stock just arrived.

& BOYS' WEAR

3rd Ave., next to Ormes

MORGAN'S MEN'S





#### Going to a Party?

Let us glamorize you for the occasion.

CALL BLUE 69 FOR AN APPOINTMENT TODAY and be assured of no last-minute disappointment.

4th St. (across from Post Office)

Pasteurized MILK VALENTIN DAIRY PHONE 657

Fresh Local Raw and J. M. S. LOUBSER D.C., B.A. CHIROPRACTOR

Phone 640 Wallace Block

PEKOE PRODUCTS OF

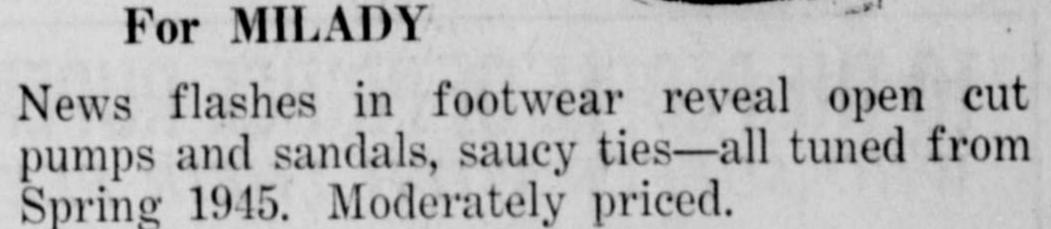
PAGE THREE

THE DAILY NEWS

Saturday, March 31, 1945

Prince Rupert, B.C.

### Spring Charmers



AT YOUR NEAREST GROCER



We have a good stock of Boys' and Children's Shoes

> SEE OUR WINDOW DISPLAY

Family Shoe Store Limited For 30 Years the "Home of Good Shoes"

#### A. MacKenzie Furniture Limited

"A GOOD PLACE TO BUY"

EASTER GIFTS FOR MOTHER 72x100 TABLE CLOTHS with 8 serviettes-very handsome, silk and cotton; colors ivory, green and gold. Per set \$27.50

Send us your mail orders.

20 KITCHEN STOOL STEP LADDER - Ideal for sitting

Phone 775

when ironing

327 3rd Avenue, Prince Rupert

class. One shave will convince you.

FITS YOUR

DOUBLE-EDGE RAZOR

Tomorrow's Store Today

offers...

Eight northern and central B. lives at Port Essington. C. soldiers are recorded as casualties in recent casualty lists of With Minora Blades! the Canadian Army. Two have Minora has a real "edge" over been killed in action. other low price blades. In fact, it's the Killed in Action sharpest double-edge blade in its

Pte. Arthur Waldemar Nylund, t Bella Coola.

Gunner Edward Gilbert Mc-McLeod, lives at Fort St. John. Alec, lives at Telkwa. Died of Wounds

whose father, George Ernest Mid- thers.

RUPERT PEOPLES STORE

for milk, fresh fruits and wege- ODD STORY OF Canada's five food rules call, Ann tables, whole grain bread and cereals eggs, meat and fish. Eat MODERN FRANCE these protective foods. You can these protective foods. You can cat then whatever else you like.

dleton, lives at Smithers.

Pte. James William Collins, whose father, George Collins, Wounded Pte. Paul Dvornek, B. C. regi-

ment, whose wife, Mrs. Mary Dvornek, lives at Prince Rupert. Pte. Ian Allister McRae, B. C. regiment, whose parents, Mr. and serving with a B. C. regement, Mrs. John A. McRae, live at 230 whose father, Alex Nylund, lives Eighth Ave. W., Prince Rupert.

Slightly Wounded Pte. David Robers Alec. B.C. Leod, R.C.A., whose father, Jack regiment, whose father, Peter

Pte. Samuel Edward Wills, Alon, Saskatchewan regiment, Mrs. Annie Wills, lives at Smi-

"Till We Meet Again" at Capitol with Barbara Britton and Ray Milland

"Till We Meet Again" arriving at the Capitol Theatre on Monday and Tuesday, is a story of present-day France. It tells of little French nun, who leaves the sheltered convent gardens join the underground movement in order to help an American make today's headlines come

them nearer danger.

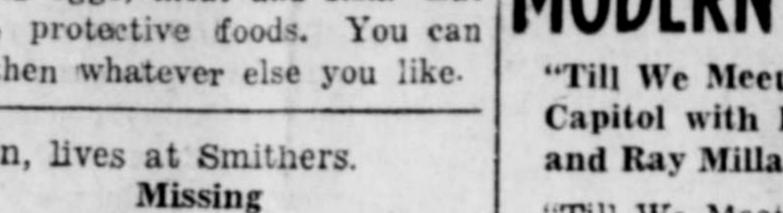
The little French nun, whom Milland knows only as a member of the Maquis, feels the weight of her responsibility as she struggles to fight for them both with only her faith to help her. Their relationship becomes a strangely beautiful thing as Milland talks of his country and his life and the convent girl pretends to understand.

develops, of which neither of the former Margaret Lewis of them speaks. Her love is not for Kitkatla. any man and his belongs to another woman, yet each knows

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT"

OF ANNIE FLORENCE BRADLEY DECEASED, INTESTATE. TAKE NOTICE that by order of His 28th day of March, A.D. 1945, I was tate of Annie Florence Bradley, deceased, and all parties having claims are required to pay the amount of their indebtedness to me forthwith DATED at Prince Rupert, B.C., this 29th day of March. A.D. 1945.

Prince Rupert, B.C.



Beautiful Barbara Britton and Ray Milland co-star in this love story which takes place in the Bella people arrived today. midst of all the terror and horror behind the liberation of tu has been without a mission- municable disease.

L/Cpl. Isaac Cornelius Middle- berta regiment, whose mother, Sister Clothilde, is said to give active and regular church serone of the most poignantly deli- vices have been held by Chief cate portrayals. Faced with a Arthur Neasloss and Chief Philip dangerous assignment in a world Brown who are determined that she has never known, she lays Christian teaching will be caraside her convent robes and in ried on in the community. peasant dress, joins the strange American captain as his wife. Church mission boat Thomas Working with the French under- Crosby is to conduct the Easter ground, their every step takes service.

that it might be otherwise.

THE MATTER OF THE ESTATE

NORMAN A. WATT. Official Administrator,

# REID'S CAFE

\*\*\*\*\*\*\*\*\*

DINING ROOM NOW OPEN

Dinner ....... 5:30 to 7:30 p.m.

Salads, Sandwiches, Chili Con Carne, Chicken Spaghetti, etc. 7:30 to 11:30 p.m.

#### Old Prince Rupert Club Building

2nd Ave., next to Bank of Commerce

\_Take the short cut up the steps behind Watts & Nickerson's Store.

#### TO THE PEOPLE OF PRINCE RUPERT WHO SUFFER WITH THEIR FEET

You will be interested to know that there is a man in town who has had a wide experience in the correction of fallen arches, and can make Arch Supports that will relieve that painful and tired feeling that only foot sufferers can explain.

Mr. Bill Terry, with many years of study of foot ailments, is now in Hill's Shoe Store, and will be pleased to take an impression of your feet and let you know what can be done in your individual case.

Mr. Bill Terry is also in charge of the Shoe Repairing Dept. where your repairs are executed neatly and promptly. Call around and see him for either reason.

For a Good Meal, Visit . . .

THE

# Victory

All White Cooks

25 Years' Experience

Give Us a Trial and Convince Yourself

#### GOOD FURNITURE AT LOW PRICES!

Used Bedsteads-Special

Used Springs-Now at, each Fancy New Mirrors-

\$3.00

With nice design; big selection .... \$1.00 to \$3.00

New Mattresses-Good size \$12.50

New 3-piece Chesterfield-All-spring built. Special ..... \$110.00

New Couches-To make into beds. Clearing \$65.00 now at

Black 234

### Business and Professional

Work to please everyone

H. J. LUND

Painting — Paperhanging Interior and Exterior Work

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"Largest Organization of Its Kind in the World" MUTUAL BENEFIT

Health and Accident Association J. WRIGHT, Spec. Representative 336 9th Ave. W. Red 693

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GEORGE L. RORIE Public Accountant, Auditor, etc. Income Tak Returns Compiled Besner Block Phone 387

EVENSON'S IDEAL CLEANERS AND LAUNDRY "House of Better Cleaning" Authorized "FLEXFORM SERVICE" Shapes Dresses Without Guesses Waterproofing a Specialty

PHONE 858

Mail Orders—Box 99

24-HOUR SERVICE NOW EFFECTIVE Stand: Next to Royal Lunch

R. Y. WALKER No work too large or too small GRADUATE MASSEUR

Massage and Steam Bath Facial and Reducing Treatment

FRENCH LESSONS Mr. L. P. Beaubien, the teacher of French language, has re- WANTED - Single girl desires turned to the city, and has resumed his classes. His address is Postal Station B.

HELEN'S BEAUTY SHOP

Permanent Waving P.O. Box 274 Beauty Culture in all its branches 206 4th Street : Phone 655

> April 1, not responsible for any personal theft prior to October,

FRASER HOUSE

E. H. HICKS

BERT'S TRANSFER and MESSENGER

> Stand 101 5th East Phone Green 955

NEW LOCATION: Green 370 1431 6th Avenue East ESTHER STANYER EXPERT PERMANENT WAVING AND HAIR STYLING-Late of Hudson's Bay, Vancouver

> R. HUNDEIDE WATKINS DEALER

337 Seventh Avenue West Phone Green 973

FIND IT with a Want Ad! Sell it with a Want Ad! Buy it with a Want Ad! Daily News classified section gets results.

ANNOUNCING . . EMPIRE CAFE

(Formerly L. D.) Completely Renovated and Redecorated

FULL MEALS, LUNCHES CHOW MEIN, CHOP SUEY

6:30 a.m. to 1 a.m.

#### Klemtu Prepares Easter Program

KLEMTU, March 31- Sacred music, which the native people were given by the white men is ens are Telling" at a special ser-

The Bella Bella choir will also 8-point series 6-4. spend Easter here. Chief Moody Humchitt and about 40 Bella

ary since the start of the war, Barbara Britton, who plays the choir has continued to be

Rev. P. R. Kelly of the United

# DETROIT WIN

MONTREAL, March 31 (P) to have a large place in this Montreal Canadiens returned to community's celebration of the form that made them cham-Easter. The Klemtu Community pions of the National Hockey Church choir, which is to cele- League this winter to give the brate its twenty-fifth anniver- Toronto Maple Leafs a 10-3 beatsary tomorrow along with the ing in Montreal Thursday. Leafs celebration of Easter, will pres- still lead the eight-point series ent Handel's "Hallelujah 6-4. Detroit Red Wings edged Chorus" and Haydn's "The Heav- Boston Bruins 3-2 to take the lead in the other Stanley Cup semi-final. Detroit now leads the

Consult your family physician or Health Department about im-In spite of the fact that Klem- | munication . . . help prevent com-



### -- Classified Advertising --

Classified Advertising is payable to the office at time of submitting copy for insertion.

#### WEDDING NOTICE

NOTICE All friends are invited to a wedding party at Kitkatla after Easter celebrations in honor of A delicate, unfathomed love Lawrence Innis and his bride,

#### PERSONAL

YOUTHFUL BEAUTY and appearance of hair yours again, with Angelique Grey Hair Restorer. \$1 at Ormes Ltd. (77)

FOR YOUR DECORATING needs, anything that's done with paint, I do it. Call Red 444 or Blue 378.

ARE YOU particular about purchasing fresh eggs? Call at De Jong's, corner 5th and Mc-Bride or phone 250 and ask for Leroy's eggs. Leroy's Ranch, Kitwanga, B.C.

IVEN AWAY by Kinsmen Club, in aid of Milk - For - Britain, year-round stucco home at Sylvan Lake, popular Alberta summer resort. Screened front and back verandas. Complete furnishings include chesterfield suite and electric washer. 1 block from lake front and business section. Tickets, 3 for dollar, or get 3 free for selling book. Draw July 25th. Write. Kinsmen Club, Box 53, Rocky Mountain House, Alta. Registered under War Charities Act.

#### FOR RENT

Phone Red 315 — 424 8th Ave. W. FOR RENT-I.O.D.E. Hall. Phone 83 for particulars.

#### WANTED

bright furnished room. Apply Box 972 Daily News.

Y.W.C.A. Rooms Registry. Rooms urgently needed. Mrs. Nobl-WANTED - Furnished house

keeping room or apartment, urgently wanted by naval officer and wife, no children. Reliable tenants. Local references. Box 974 Daily News.

WANTED TO RENT - Small house or rooms or room, furnished or unfurnished, by quiet couple. Box 975 Daily News.

WANTED-4 or 5 roomed house. close in. Apply Box 976 Daily TO

WANTED—Small boat, 15 or 16 feet, suitable for inboard motor.. Phone Black 399 after

#### MACHINERY FOR RENT

FOR RENT — Heavy equipment power shovel, buldozer, compresser. Chuck Viers, Atlas Boiler Works.

#### TENDERS SEALED TENDERS addressed

to the Board of School Trustees and marked "Tender for Roofing" will be received up WANTED Girl or woman, solto noon of April 4, 1945, for the renewing of the roof of the Booth Memorial High School, replacing necessary wall flashings, waterproofing top of parapet walls and outside eves of parapet walls, and supplying and installing eavestrough and necessary downdrains. Tenderers to submit manufacturer's specifications proposed to be used, and form of manfacturer's bond or period of 15 years from date of completion. The lowest or any tender not necessarily accepted. For further information apply to the Secretary, Board of School Trustees, City

#### SCHOOLS AND COLLEGES

STENOS, TYPISTS, POSTAL CLERKS for Government war work. You can train at home. Free-information, M.C.C. Civil LOST - Rassia shopping bag Service Schools Ltd., Winni-

#### FOR SALE

FOR SALE-Typewriter, Underwood No. 5, thoroughly overhauled. \$75. Owner leaving. Apply Box 973 Daily News.

field and chairs; bedroom suite; dinette. Used 4 month 1437 Piggott Place.

FOR SALE-9-room house, part-

\$2,000, half cash. FOR SALE—Fishing boat, 'Wren', \*\*\*\*\*\*\*\*\*\*\*\*\* length 28 ft.; beam 9 ft. 6 ins.; depth 3 ft. 6 ins.; 10 h.p. Frisco

Bill Mahony, boat 'Calesti', Fishermen's Floats. FOR SALE—Regulation overseas cartons. 5 lbs. and 11 lbs. sizes at 10c and 15c. The Variety

standard. Good condition. See

room house, on 8th Ave. West. Price \$1,500. Apply City Rest FOR SALE - 2 houses on one lot. Big house has 2 furnished

apartments upstairs, 3 rooms

each and bath; living quar-

ters downstairs. Cottage in

back. Extra lot for garden if

wanted. Apply 616 6th Ave.

West, or phone Green 698.

FOR SALE - Furnished seven-

FOR SALE—9-tube radio. 1910 8th Ave. East. Phone Black

PORTABLE SAWMILL for sale-1937 2-ton ford truck; 1 team horses, 7 and 8 years old, 1400 lbs.; logging equipment, camp, timber rights etc. The outfit is complete and is selling at a bargain price. John Carlson, Perow. B.C.

FARM FOR SALE-165 acres. 25 acres under cultivation, 10 acres cleared ready to break. Good siol, excellent water, pump and sewage installed, house, outbuildings. Close to highway. Selling at a bargain price. John Carlson, Perow.

FOR SALE-85 h.p. Buick engine with detached 27-inch pan. One gurdy, one steel reel for gurdy. Official adminis-

MACHINERY FOR SALE SAW better lumber more economically, use the modern and up-to-date type National Portable Sawmills, manufactured by National Machinery Company Limited, Vancouver,

#### INVENTIONS

INVENTIONS - Patented, un patented, needed by industries. What have you? Write Invention Promotion Bureau Cornwall, Ontario.

#### HELP WANTED

dier's wife preferred, to care for two children. Room and board. Phone Blue 169. (80)

#### LOST

LOST - Inside of a lady's West field wristwatch, valued as a keepsake. Finder piease leave at Daily News.

guarantee for the roof for a LOST - Man's brown billfold. Name Elwood Marks. Finder please return same to Daily News office. Reward, \$5.00.

> LOST—Between dock fire station and T95 barracks, 1st Ave., gold rim glasses in red or brown case with name James Shaen on cover. Finder please leave at Daily News, or phone S. Wishart, Amer. Signals 227. \$2 reward.

#### Their glorious adventure flames behind the thrill-

Today Only:

ing news that FRANCE IS FREE

and a lovely French girl.

1:33 - 3:34 - 5:35

SUNDAY -1

Complete Shows Tonight 64

Spencer Tracy - Vank

"THIRTY SECONDS OVER TOKYO"



presents "IN PUBLIC EYES"

SUNDAY MIDNIGHT

ly furnished. Will be vacant Tom Conway "The Falcon in before May 1. Call and see it Hollywood" plus Preston Foster, at 709 8th Ave. West. Price Victor McLaglen "Roger Touhy, Gangster."



from the thrifty shoppers and come to The Vara Our store is filled with everyday needs-with gestions-with sparkling new Spring items. And will please your budget. Come in and browse and

### THE VARIETY STOR

"Where Your Dimes Are Little Dollars"

#### 1944 INCOME TAX Returns

Forms now available.

R. E. MORTIMER - 324 2nd Avc.

GREEN SPOT





Seal of Quality

BRITISH COLUMBIA'S

FINEST SALMON

Sa Ulli We now have of good gr

Lumber on

YES! We have No. BUT-We do B RED CHIMNE Phone 651

PROVINCIAL

NORTHERN AND CENTRAL BRITISH COLUMBIA'S NEWSPAPER

PRINCE RUPERT, B.C., SATURDAY, MARCH 31, 1945

HEALTHY MIND and a HEALTHY BODY

# ince Rupert Backs Good Health

### CAN BE GREAT ONLY IF PLE ARE HEALTHY

my of our social sick.

in religion, music, oms and language.

se of beauty, from in Corpore Sano." to be prized and treated. your life. But is

our nation to be healthy, vigorous baby. Then health of our people through the constant care of your objective of greatest parents you grow day by day, No nation can be year by year, until every part of the people who are your body develops as nature intends. This means food, fresh air, of our problems of play, rest, sleep, fun, hard work, s to a degree the study, proper medical care when

It means more than that. It Canada's expendi- means ambition, purpose, high ness are out of all ideals, high standards of conduct, our expenditures on character, service for others, and all the qualities that make men itself a cause of and women.

ickness prevention Fundamentally it means health e successful without of the body, health of mind, health ty program running of spirit. And do you know what health means? The word health merely a parochial comes from an Anglo-Saxon word ubject of national meaning whole or sound. You are healthy when every part of your of national health body, of your mind, and of your widespread prog- spirit is whole or sound, i.e., free from fault or injury or disease, and-this important-when your e ages." An heir is body, your mind and your spirit wealth or property make up one whole or entire maim from some rela- chine, as it were, every part fitperson who has died. | ting into every other part and the would be quite will- whole machine working like ember us in his will. working togther to do the work of ter of fact we have body and mind and spirit which past ages all sorts you ought to do. That is health.

#### Chlorination Is religion, from the Major Purifier

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 in the Prince Rupert district. nunicipal water supply. Chlorinamany supplies. The expense is tion of Prince Rupert city was of few words says low, and amounts only to about trebled and new problems arose, amount about 21c is contributed trol in Prince Rupert, Terrace, and Dick Birch, A. Dominato, Gordon and in a sound body 40c. per million gallons of water Supervision of water supplies, locally.

an that, viz., that a Venereal disease is a major pub- shortages, over-crowding and comnd a sound body are lie health problem which strikes municable disease control, detied together; they insiduously at the very heart of manded the creation of a fullthis community. Because it is a time public health service. Acu get a sound mind community problem, no longer cordingly, as a result of an agreeody? First, by be- may any responsible citizen say: ment between the Department of the outbreak of the war confirm- by the Health Unit. i.e., by being a l"this does not concern me."

Mayor and Municipal Council

Y OF PRINCE RUPERT

of the

extend to the

Junior Chamber

of Commerce

tlest congratulations on their under-

to publicize various aspects of

c health, and convey their wish that

Chamber's efforts will meet with

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 fellowfear 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 illhealth 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.

> > Health Unit's

Yearly Report

An attractively bound booklet,

titled "Health For 21,000 People,"

has just been published in Prince

Rupert. It is the third annual re-

port of the Prince Rupert Health

Unit, and it embodies a record of

Within its 21 pages can be found

a chapter in the never - ending

health. Its divisions include sta-

the unit's activities during 1944.

#### 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 local shipyards and various other activities related to Canada's war effort, have taken place

As a result of these new deis almost indispensable for velopments, the civilian poulasewerage systems, milk production, restaurants, sanitation, food Pensions and Health, the British ed the risks facing the child in-Columbia Board of Health, the troduced to a tuberculous house-City of Prince Rupert, and later hold. the village of Terrace, the Prince Rupert and District Health Unit was established in June, 1942.

> Large Area to the International boundary; or St. John.

west, to include the Quueen 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

65c per person per year. Of this

SAD FACT

ing tuberculosis from his fireside in booklet form, and it presents Stevens. chair is almost a legendary figure, an attractive - appearing record The Prince Rupert Junior and experience of evacuation at of the diverse work accomplished Chamber of Commerce wishes

Tuberculosis filled about 6,000 graves in Canada last year; 3,000 were people over 30 years of age. The area served by the Health Fully 50,000 persons are at this Unit extends east 100 miles along moment actively sick with tuberthe Canadian National Railway culosis - enough to populate a and Skeena River, to Usk; north, city the size of Regina, Windsor

#### 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

	Dinhtl	Diphtheria		Scarlet Fever		Measles		Cough	
	D.	R.	D.	R.	D.	AT LOSS THE REAL PROPERTY.	D.	R.	
1933	239	2.2	157-	1.5	170	1.6	552	5.2	
	999	2.1	226	2.1	188	1.7	875	8.1	
1935	264	2.4	242	2.2	490	4.5	892	8.2	
1936	258	2.3	244	2.2	376	3.4	594	5.4	
1937	900	3.3	269	2.4	837	7.5	763	6.9	
4000	494	3.9	202	1.8	250	2.2	496	4.4	
1939	000	3.0	167	1,5	197	1.7	541	4.8	
1940	010	1.9	125	1.1	168	1.5	628	5.5	
1041	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		
T	OTAL 1	4,177	- almo	st 1,50	0 a ye	ear.			

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 -

Winnipeg.

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-

Girls Boys 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

# 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 cooperation 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 quar ters 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 nu trition is dealt with on the sixth

page.

Every cent obtained for advertising in this supplement has tistical information on the year's gone directly into its production. Added to this is the voluntary tion, communicable disease con- work of a corps of men who gave trol, school health services, vene- of their time freely. The followreal disesae and tuberculosis con- ing are among those who helped: cannery and logging camps in the Durkin, Cliff Gilker, Hawthorne tributed from coast to coast, be impossible to stamp out vener-Graham, Oscar Havroy, Harold chiefly with the co-operation of eal disease. British Columbia has While it is the third annual re- Ivarson, Jack McLeod, Duncan port since the Health Unit was McRae, Doug. Wood, Norton The elderly grandfather spread- formed, it is the first to appear Youngs, Cliff Ham and Bruce

to acknowledge the wonderful

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

In addition to the local coverage, afforded by the Daily News and Evening Empire, another 5,000 copies are being disprove of inestimable value as a ment clinics. 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 syphil's in expectant mothers can prevent the tragic infection of babies in 95% of all

Withoult adequate diagnostic and treatment facilities, it would the Junior Chamber of Com- such facilities through its private merce in Canada. This should physicians and provincial govern-

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



-and Continues to Sunset of Life

# The Prince Rupert Health Unit -- A Community Serv

#### WORK OF PUBLIC HEALTH UNIT IN PRINCE RUPERT IS FILMED

Provincial health officers, Sanitary inspectors and nurses' meet- Committee Probes ing at the Empress Hotel in Vic- Education Set-up toria, next week ,will be shown the motion picture, "Test in Time," which is based on the work of the Prince Rupert Health Unit. Premiered at the Capitol Theatre Newfoundland Education Associahere, the picture will later be shown to schools, clubs and other organizations in this district. Prints of it may be made for province-wide distribution.

early this year under the super- high position in municipal and vision of Dr. R. G. Knipe, Medi- voluntary educational bodies. cal Health Officer. W. T. Davis The Bob Willett, of the CBC, estant Education for Quebec, the was loaned to the Health Unit, to survey committee studied availdirect the shooting.

ready for final processing, and it ists throughout the field. ing and informative, and the film children." tivities carried out or supervised it recmomends that Canada spend And the present is a good time a chest X-ray.

war against disease. It is expected that showings of the film will result in increased interest and more willingness on the part of the public to assist the vital work of the Rupert Health

#### had only known -- "

"I once thought that TB had to un in the family.

There was no TB in my family so I never gave it a thought. If I had only known . . ."

"I always believed that as long as I felt well nothing could be the matter with me. If I had only known . . . "

"I never lost a day of work. just would not believe that TB might hit me. If I had only

"I believed in letting well enough alone. It upset me to find out unpleasant things. Now I am in real trouble. If I had only known . . . "

\*\*

TORONTO, March 31 - In the fall of 1942, a survey committee was set up by the Canada and tion and was instructed to give the whole educational setup in Canada and Newfoundland a real searching inquiry. The association is an organizaztion of topranking department of education Production of the movie began officials and men and women of

Under the chairmanship of Dr. was the man behind the camera, W. P. Perceval, director of Protable reports on our Canadian edu-After more than two months of cational systems and programs actual filming, the movie was and consulted leading education-

emerged as an interesting half- The report of this committee hour of scenes ranging from nat- was widely read and critically ural color sequence showing nor- studied. It presents 15 outstandthern scenery and industries, to ing. needs in Canadian education the bathing of a new-born baby in the order of immediacy. First in a wartime house. The script of all ranks "Health examination was written to be both entertain- and follow-up treatments for all

is designed to acquaint residents After recognizing good work in dren are public assets; sickly chilof the district with the many ac- health education in our schools, dren are habilities." which citizens may assist in the port declares that "healthy chil- light again.



the Unit, the difficulties which annually additional millions for to bring these recommendations are being overcome, and ways in school health programs. The re- and the work of the committee to

Every case of Tuberculosis spread of infections from this comes from another case.

Every man and woman entering In the final analysis, the public Un'formed or misinformed per- tary. On this union board of health Canada's armed forces is given depends upon the food handler in sons do not recognize readily the sits one representative from Terlestaurants to use every precau- dangers associated with syphilis race, one from Prince Rupert n guarding against the and gonorrhoea.

School

Health

Service

\*\*\*\*

美

1. Dr. R. G. Knipe, director.

2. A patient receiving treat-

3. M. J. Harper, sanitary in-

Below: The Prince Rupert

Public Health Unit Building

on Second Avenue.

ment in venereal disease

Health Unit

clinic.

spector.

In Action . . .

## Health Unit Fills III Need Throughout

By B. THORSTEINSSON (Chairman Union Bd. of Health) cial government A

The Prince Rupert Health Unit sideration is being which is similar to health units proposal to enlarge located in other parts of this pro- ship. vince, has been in operation for This board func over three years. It came into ex- body to supervise a istence as a result of the urgent the health unit To need of this district for a full time it strives to provide public health service, and has assistance and confunctioned steadily since that staff of the unit to

When first organized, the to give direction as health services were confined to undertakings of the Prince Rupert and vicinity, but it attempts to intethis has since been extended to in- | ional opinion and a clude Terrace, the Queen Char- work of the unit a lotte Islands and adjacent terri- the union board in

This organization, this Health ore, a comprehend Usit, belongs to the people in this general health fac area. It is financed by local funds area, and one on me with grants from the provincial surveys were condiand dominion governments.

The control and direction of the assistance. A great Unit is vested in the Prince Ru- able information has pert and District Union Board of Health, which at present is composed of four members, with the local health officer as its secrecity council, one from the Prince Eupert Board of School trustees, There are no signs of early TB. and one representing the provin-

1) to arrange for

- sidiary lay committee in this way. The ide piled has been, and to be, used for the health in this district It is the sincere

nion board to fund lively as possible and

IMPORTAN

In 1938 the Poring

passed legislation m

pulsory the pasteuring

and by reason of the

over, 98 per cent da

for human consumption

ized in this Province;

ly the Province of Ont

the only Province in Co

act such legislation I

tion has resulted in the

of the following dises

as they had their

through the use of n

-typhoid and pan

fevers

-septic sore thru

-scarlet fever

THAT WILL W

HEART T

VAL

-diphtheria

#### Provincial Health Officer

Laboratory

Assistant Provincial Health Officer and Director Local Health Services

Prince Rupert and District Union Board of Health

Director

source.

PRINCE RUPERT HEALTH UNIT

Public Health Nurses

Sanatarian

Statistical Clerk

Sanitation

Sewerage

Water

Restaurants

Environmental Hygiene

> Garbage Disposal

Food and Milk

Public Health

Education

Vital Statistics

Preventive Dentistry

Infant Preschool

clinics

Welfare Bi-weekly Nutrition

Communicable Disease Control

T.B.

Bi annual

clinics

Interim

examinations

V.D.

clinics

Drug depot

Consultation

Service

Other Weekly

Bi-weekly \*Immunization

clinics

Isolation Quarantine

For example, since ory pasteurization onrto, the Toronto S Hospital has had

#### Candies - Fresh Fruit and Vegetables Groceries and Drygoods

at the STAR

Confectionery 310 3rd Avenue West

#### New ROYAL HOTEL

Home Comforts MODERN - CLEAN Reasonable 3rd Avenue at 6th Street PRINCE RUPERT

### GOOD HEALTH

is found in

### GOOD HOMES



for Better

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& COMPANY

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NORTHERN B. C. POWER CO.

Besner Block, Prince Rupert, B.C. Phone 210 Stewart, B.C.

#### TOM LEE and SON

"The Home of Fine Foods"

FRESH FRUIT AND VEGETABLES MEATS AND GROCERIES

2nd Ave. W. Phone 547

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you a tip

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and be dressed in the latest style . . .

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THIRD AVENUE

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is as sound as its Health!

\*Cleanliness and Service Contribute to Both.

Johnny's SNACK BAR

Second Avenue Vern Evans - Proprietor

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Comfortable Wearing Apparel

. . . for . . .

Dresses - Hosiery - Drygoods

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Look Well All the Time

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Watts & Nickerson

This paper gives

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JOHN BULG

# E UNENDING FIGHT AGAINST COMMUNICABLE DISEASES

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doctor's affair; it be- placed in mankind's hands a methhe entire public." - od by which whole populations can be examined quickly and cheaply.

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Dealers in

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PHONE 3

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ere's Meat in this one . . .

GOOD HEALTH to you

with Good Meat from

Phone 957

# Communicable Diseases Curbed by Immunization

Elsewhere on this page, is a list of the number of cases of communicable diseases reported in Prince Rupert during a preventive against diphtheria. It is 1944. The figures make interesting reading. For example, It acts by buliding up a person's they show that there were no cases of whooping cough dur- resistance to diphtheria germs and ing the year. And yet just two years ago, this city had 31 their poisons. cases in the 12-month period. Wiped out? No, just controlled, and it can remain controlled so long as you and I wiped out. do our part to become informed |-

how to protect against it. 1942, none in 1944. Again we con- ages of one and two years. trolled it.

means You and I in co-operation oid and since so many doses are ers and the health department. do not plan campaigns, but they

These diseases could break out again if we do not remain alert against them. Here are some of the well-known and more common disease, which spreads very rapid- is still here, and there are cases diseases and how to protect your- ly from one person to another,

Whooping Cough

Of all communicable diseases, this one is most likely to affect the youngsters of the family. Many cases occur in infants of six months of age or less, while the largest proportion occurs between the ages of one and three years. In older children, while the disease may not be as severe, there is still the long drawn out convalescence, with its nights of coughing and wakefulness-which are perhaps harder on the parents than on the child!

Prevention

Most recently added to the list of preventive measures against communicable disease is whooping cough vaccine. It provides immuagainst tuberculo- | The new miniature X-ray has | nization in over 80 per cent of the children and if the disease is contracted it is much milder.

Whooping cough vaccine is given under the skin like diphtheria It should be given between the ages of six months and one year. It is usually given in three visits to the doctor, who gives two injections at each visit.

There is a preparation used in Prince Rupert which combines whooping cough vaccine and diphtheria toxoid. This is proving satisfactory and means that immunization against diphtheria and whooping cough can be carried on with the same injections-which saves manytrips to the doctor or

Scarlet Fever

It is a communicable disease, too. It can cause heart conditions or deafness or kidney disease. Many children to be sick with the discases occur in Canada each year. And yet there is a substance which gives 80 per cent protection against this disease. It is known as scarlet fever toxin.

Protection

five doses, a week apart, and many doses are spaced about three health officers advocate a sixth weeks to a month apart. Each dose to ensure protection. It is dose hurts only about as much

THOMPSON HARDWARE Company

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LONG MOTORS LTD.

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Chevrolet Service

Goodyear Dealer

GAS — OIL — REPAIRS AND

ACCESSORIES

Household Hardware

on what whooping cough is and given under the skin just like It is the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. There were 44 cases in the same story with diph-theria. The same story with diph-theria. The same story with diph-there were 44 cases in the same story with diph-there were 44 cases in the same story with diph-there were 44 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story with diph-there were 45 cases in the same story theria. There were 44 cases in It should be given between the Scarlet fever toxin has not been

And when we say "We," that perfected as has diphtheria toxwith the local medical practition- required, some health departments Without your help and mine, the give informatin in regard to scardoctors could not have done it let fever toxin and distribute it to physicians who wish to immunize patients against this disease. Diphtheria

Diphtheria, too, is a "germ' self and your family against either by direct contact or by means of "carriers" and infected There is no natural immunity

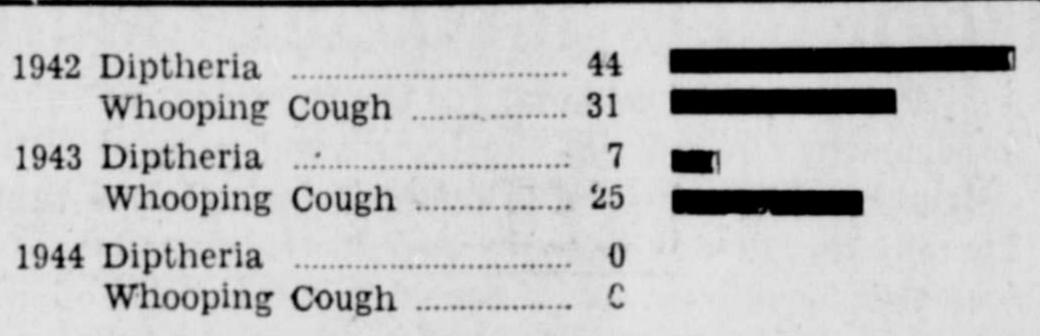
Diphtheria can and has been United effort has

Smallpox

be. We forget that it was once the most dreaded of all diseases, was used as a means of identifioccurring in Canada.

Protection

clothing, dishes, common drink- against smallpox. Anyone who



Diptheria and Whooping Cough are serious but preventable diseases. They can be controlled! The picture-graph above shows the number of cases in Prince Rupert in the past three years.

germs spreads through the body. it. It attacks people of every age. at times, it is deceitful by its very | we have against it. mildness. In the old days before | Every child should be vaccinattoxoid, it wiped out whole famiof its severity. It was dreaded al- an ordinary microscope.

most as much as smallpox. causes more deaths. Even when cil. In young children there apparently mild, it leaves or may scarcely any "sick" reaction. leave, serious heart and nerve complications.

Treatment

treating diphtheria. If given early epidemic. enough, and in large quantities, it will save life and help prevent complications. But there is the And what about scarlet fever? problem of finding the disease early and getting the antitoxin in time. Surely we do not want our ease, let alone die of it!

Protection

And here TOXOID comes to the rescue. Toxoid will protect our children against taking the disease. It is usually given in three Scarlet fever toxin is given in small doses under the skin. The as a mosquito bite. There is no

'sick" reaction to it when given at an early age. months to nine months of age. A milk to sour or curdle. This pro- ty, states that possibly infantile fourth or "reinforcing" dose cess continues in the stomach, paralysis is a milk-borne disshould be given when the child causing indigestion, in babies par- ease." starts to school, or even earlier. ticularly.

Schick test-which tells if the the milk of healthy cows which the various fresh-milk prducts child has been protected against causes the fermentation and put- such as cream, ice cream, cheese, diphtheria and whether further refaction of the nutrients in milk, butter, and buttermilk. injection are necessary.

It is a killing disease, though, Vaccination is the only protection

the discovery of antitoxin and ed before he is 12 months of age. Smallpox is caused by a "germ" lies and even communities because so tiny that it cannot be seen by

Smallpox vaccination protect It attacks all ages, but is much against smallpox. Vaccination is more apt to attack young child- usually done on the outer part of duration. ren, especially those from six the upper left arm. Modern methmonths old up. It is also more se- ods leave only a small scar no vere in these younger children and longer than the end of a lead pen-

A vaccination scar is the badge of immunity against smallpox. Vaccination should be repeated Antitoxin is of great value in every seven years, or during an

> ONTARIO PROVES (Continued from Page 2)

cases of the above diseases originating through the use of milk. milk is pasteurized.

Germs Carried by Raw Cow's

Careful experiments have conclusively proved that here is no raw milk free from germs, even when obtained under sterile conditions. There are known to be bacteria in milk when it leaves the

udders of healthy cows.

If milk is not kept very cold in raw milk. these bacteria first change its It is best given from six taste and color; then cause the

many diseased cows carry germs | Proper pasteurization of raw Toxoid is NOT a treatment for in the milk which produce very milk destroys disease germs.

Perhaps that is why we forget that smallpox is a killing disease. We forget how disfiguring it can A marked decrease in the num-

Meningitis

Diphtheria

Gonorrhea

Rubella

Scarlet Fever

Tuberculosis

Typhoid Fever

Whooping Cough

Paratyphoid Fever

and that it wiped out a tenth of ber of cases of diphtheria in the cation-people wha were not pock gram of the Prince Rupert Health declining years in the ease and marked were rare. Yet smallpox Unit. The fact that there have been no cases of this malady in the past 17 months, is ample tribute to the success of the immuni- ceived authorizing the city to zation program.

> In Prince Rupert no less than 77 per cent, and in Terrace, 86 pre result of a public subscription cent of the elementary and high campaign, in which the citizens school children have been immun- amply demonstrated their symized. Approximately 800 adults have been immunized, to say nothing of many children of preschool age at the clinics for preschool children.

> The diphtheria situation on the north coast of British Coilumbia in recent years, might be summar- the point where beautiful Metlaized as follows:

Diphtheria was unknown in the area in the years immediately preceding the war.

In 1942, a total of 47 cases or ing cups, etc. Poison from the has not been vaccinated may catch 78 per cent of the total reported provincial incidence occurred in

this area. In 1943, 43 per cent of a total of 14 cases occurred in adults. No cases occurred in immunized

individuals. Sulphathiazole powder 30 per cent in magnesium carbonate was effective in treating a virulent carrier state of probably one year's

There has been no diphtheria since 1943.

How does the food you eat compare with Canada's official food rules? Are you getting sufficient of the protective foods to supply the necessary minerals, vitamins and good quality protein?

dangerous diseases in people of all races and ages.

Disease - producing germs in milk have their origin in diseased cows, milkers, milk handlers, car-98.82 per cent of Prince Rupert's | riers or people who have recovered from infectious diseases, but still carry the germs in their bodics, and at times from contaminated water used in the dairy for

washing utensils. Milk-borne diseases are bovine tuberculosis, undulant fever, diphtheria, scarlet fever, septic sore throat, typhoid fever, paratyphoid and dysentry. There are also a number of food poisoners found

Dr. J. R. Fraser, dean of the McGill University medical facul-

The communicable diseases men-There is a test-known as the In addition to the organism in tioned also may be conveyed in

ALBERT & McCAFFERY LIMITED

Coal

Builders' Supplies

Phones 116 - 117

Prince Rupert, B.C.

# ELDERLY MEN OF PRINCE RUPERT TO BE PROVIDED WITH FINE RESIDENCE

In development of social welfare and health services in Prince Rupert the respected elderly men of the city have not the population at a time. It used Prince Rupert area during the past been forgotten. The city corporation is now calling for tento be that lack of smallpox marks two years has been one of the ders for a fine Pioneers' Home building in one of the best most gratifying results of the pro- residential areas where these men will be able to spend their

comfort which is their due.

Number of cases of Communicable Diseases reported in Prince Rupert in 1944:

A federal priority has been rebuild up to a value of \$18,000. Financing has been achieved as a pathy with the project, augmented by a civic grant.

The building site boasts one of the finest harbor views in Prince Rupert, being near the west end of the city, and just inside the entrance of the harbor. It overlooks katla Passage runs off to the west

through a myriad of islets. In the summer, it is one of those van-(Continued on Page 5)

PAINTER

DECORATOR Phone Green 92

It's Smart to be Healthy . . .

AND THE SMARTEST PEOPLE KNOW THAT THEY WILL LOOK SMARTER WITH CLOTHES

. . . from . . .

WILLIAM F. STONE

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PHONE 23

Variety...

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Enjoy life to the full . . .

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Men's and Women's Clothes Quality Drygoods

3rd Ave. at 6th St.

Phone 376

# Beating T.B. -- A Deadly Public Enem

#### LUNGS, BONES ARE LAIRS OF THREADLIKE T.B. MICROBES

berculosis. Like all germs, these by your physician. are living things, tiny plants, that 3. Real trouble begins when are related to the family of plants either body resistance breaks and molds. Because they make down or when the germs get reinpeople sick, they are called path- forcement from the outside. Then ogenic; because of their shape, the germs begin to multiply in for at least four days, but not they are called bacilli. The scien- number. They feed on the sub- more than seven days. tific name ,in case you're inter- stance of the body and thow off ested, is mycobacterium tubercu- poisons which make the body feel , losis, the thread-shaped plant sick. After a while, the person which causes the disease tubercu- begins to cough, lose weight, may

langs. One of three things can lung.

germs, especially if their number ly stages. is small. A force we call body re-

to kill all the tuberculosis germs. Prince Rupert in February and colonies of living tuberculosis some 500 persons were examined commonly. germs in their bodies. The body in 1944, at public expense. Between and the germs have signed an ar- visits of the Travelling Clinic, an mistice. The body awaits the arrangement with the Prince Ruchance to kill the germs and the pert General Hospital has been germs wait for a chance to over- made whereby persons are examcome the resistance of the body. ined. In 1944, 444 persons were

whether all the germs have been of \$2 each to the Division of T.B. killed, so it is a good idea to talk | Control. things over with your family phy- This year Prince Rupert will sician. A modern doctor will have be fortunate in having the visit you X-rayed. If there are spots of a, mobile Tuberculosis clinic, which show old healed tuberculo- which will spend two months in sis he will neither make light of the area between Prince Rupert the X-ray findings nor will he and Burns Lake, making a mass unduly alarm you. You may live survey. The mobile unit is a truck to a ripe old age without ever hav- with modern trailer and is equiping to fight tuberculosis again. A ped to take and develop the new complete physical examination miniature films. It is hoped that each year by your family doctor, as many people as possible will who will advise you when to be avail, themselves of the opportun-X-rayed again is your best protec- ity for a free chest X-ray.

Tuberculosis is not inherited. A | tion. How often X-rays should certain kind of germ causes tu- taken is a matter to be decided

spit up blood and show signs of When the little mold-like plants tuberculosis. But long before a we call tuberculosis germs make man or woman knows that the a home in a human body, they us- germs are doing their work, the from 6 to 10 days after appearually set up housekeeping in the X-ray can show trouble in the ance of first crop of vesicles. Es- health.

Chest X-rays are the best way stages of the erruption. 1. A healthy body will kill all of finding tuberculosis in the ear-

Under the direction of the Prosistance is on the job at all times | vincial Board of Health, Division | days. getting rid of dangeruos germs. of Tuberculosis Control, a branch Many people are not aware that tuberculosis clinic is maintained they have fought a round with tu- at the Health Unit. Cases referred berculosis germs and have come by priviate practitioners are exout the winner. The X-ray picture amined and contacts investigated. 2. The body is not always able Hakstian of Vancouver, visited ary gland. There is no way of finding out X-rayed at the hospital as a cost



. HAS STRUCK IN THIS FAMILY! It need not touch yours. The Department of Public Health, through their local organizer, has performed magnificent work in the prevention of tuberculosis and in control of epidemics. Your support in their behalf is solicited by

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---00---

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### ISOLATION AND QUARANTINE

Rubella (German Measles) Period of communicability from onset of early symptoms before appearance of typical rash,

Incubation period-from 12 to

Isolation of patient-seven days from onset of symptoms. Quarantine of Contacts-none.

Chicken Pox Period of Communicability -· pecially communicable in early

21 days.

Mumps

shows the old scars of this bat- The Tuberculosis Travelling Clin- symptoms and persisting no long-

Incubation period-from 12 to Millions of grown-up people have again in August, at which times 26 days-18 to 21 days more

Isolation of patient-until the swelling is gone.

Quarantine of Contacts-none, if inspected daily by an authorized person.

Measles

Period of Communicability from four days before to five days after appearance of typical rash. Incubation period-two weeks.

Isolation of patient-seven days and until discharges cease. Quarantine of Contacts- when

disease prevalent; none. Sporatic cases: strict quarantine of immediate contacts.

Scarlet Fever

Period of Communicability-a minimum of 3 weeks from the onset of the disease, and until all abnormal discharges have ceased.

Incubation Period: 2 to 7 days. Isolation of Patient - a minimum of 3 weeks, and until discharges cease.

Quarantine of Contacts - children: 7 days.

Whooping Cough

Period of Communicability particularly communicable in the early stage before clinical diagnosis possible-to 3 weeks after onset of typical cough.

Incubation Period-7 to 10 days. Isolation of Patient - for 3 weeks after appearance of typical symptoms.

Quarantine of Contacts - in- negative. fants and preschool children: 2 weeks. Others: none, if inspected let Fever and Diphtheria, not for regularly by an authorized per- German Measles, Mumps, Measles,

Diphtheria

Period of Communicability variable - until organisms have disappeared from the secretions. Usually two weeks.

Incubation Period—usually 2 to 5 days.

Isolation of Patient-2 weeks; and until two nose and throat cultures negative, 24 hours apart.

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### REGULATIONS FOR Three Functions of Provincial Board of Health Are Outlined

(By DR. G. F. AMYOT, Provincial Health Officer)

The functions of a Provincia Department of Health flow along three main channels, namely, (1) the provision of specialized, and consultive services which canno be developed economically on a lo cal basis; (2), the stimulation of the development, maintenance an expansion of adequate local healt services, and (3), the provision o sound advice and co-ordination all matters related to the publ

In regard to the first of these functions, the Provincial Board of Incubation period-from 14 to Health in British Columbia has already provided for the people of Isolation of patient - for ten the Province a broad and well developed series of technical and

itation. However, because these cal health service within the services are organized on a Pro- means of the local taxpayer. It Health area.

A Health Unit is a modern, full time local health department, Quarantine of Contacts- none. consultive service. These are pro- staffed by full-time trained pubvided through its Divisions of Tu- lie health personnel, and is accept-Period of Communicability - verculosis Control, Venereal Dis- ed by public health authorities as beginning at least one or two days case Control, Laboratories, Vital the most effective answer to the before development of distinctive Statistics and Environmental San- problem of providing adequate lo-

### Hakstian of Vancouver, visited ary gland. er than the swelling of a saliv-TREATMENT OF TUBERCULAR NATIVES

A fine 150-bed hospital for the treatment of tuberculosis among Indians of northern and central British Columbia will shortly be in operation ner Prince Rupert. Thereby the already hard-pressed general hospitals of the area will be relieved of a considerable number of cases, and there will be a more co-or-

dinated and specialized type of treatment accorded for the benefit of the sufferers from this particular malady.

The Department of Indian Affairs has acquired a hospital which was built at Miller Bay. near Galloway Rapids, a few miles out of Prince Rupert, on the Skeena River Highway, by the Department of National Defense, during the Pacific war emergency of 1942, and for which it is now felt there will be no need from a defense stand-

The hospital will be used primarily as a sanitorium for serve the northern portion of British Columbia. One wing, however, is being reserved for the treatment of general medical and surgical cases from Prince Rupert and district.

Quarantine of Contacts-5 days and until nose and throat cultures

Placards are posted for Scar-Chickenpox or Whooping Cough, except under special cricumFEWER DEATHS FROM T.B. Since 1901, there has been a

steady decrease of all deaths (per population) in Canada. Tuberculosis deaths have decreased even more rapidly. In 1901, every 8th death was due to tuberculosis. In 1921, every 11th; in 1931, every 13th, and in 1737, every 17th. You can fooi yourself about TB

by making believe that all is well. You can fool your doctor by withholding information. But, you cannot fool with TB. You have choice. Either you learn by costly the treatment of tuberculosis experience or you learn by good among the natives, and will advice. It is up to you. TB may strike at any age. Get your chest TB can attack anyone—it NEED X-ray now.

vincial basis, it is necessary to have some outlet in the local communities of the Province to bring health unit is not a branch of the these specialized services to the Prvincial Health Department, and people and also to tap the services is, as has been mentioned above, in the most effective manner. The a local health department supportlocal outlets are best provided ed by the taxpayers in the area through the medium of a Health which it serves. Toward the cost Unit. This is the second function of the Health Unit, substantial of the Provincial Board of Health- grants-in-aid are provided by the and has been an expanding one in Provincial Board of Health. The British Columbia until today there monetary contributions required the situation. You feel better are six full-time local Health Un- frem the local communities to pro- for a while. it: in the Province outside of the vide the full-time Health Units Greater Vancouver Metropolitan are in most instances very little more than that previously spent to provide inadequate and antiquated part-time health services with which these communities had been served in the past. The health program available under the Health Unit is so far in excess of that provided by the former type of service that many times the value is received for the money

> cal department, it is obvious that others. the effectiveness of the health program carried on by the public sult. health personnel depends in the final analysis on the support and the co-operation given by the people of the community served. This requires and demands an appreciation and understanding on behalf of the people of the health problem in their area as determined and presented by the Health Unit Staff, followed by a desire and willingness of the people to work together toward the solution of these problems for both the direct and indirect population and rect and indirect protection and improvement of the health of their community and its various components. This requires an enlightened public pinion, and for this reason one of the chief activities of the Health Unit staff is public health education in order to acquaint the people with their community's health problems and the simplest and most practical method for their solution.

not be you.

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### What is it to me? You do not notice it at first. There in Prince Rupen, one of the biggest not comes bolder.

Then you start to feel tired all the time without any particular doctor, perhaps, and then withhold some information from him. gestion may temporarily improve

Then one day you're sick, and you know it. The doctor orders a tuberculin test or an X-ray, advanced stages, then and you are told you have tuber- ally a feeling of tireds culosis, in an advanced stage. lieved by rest, a loss r

You are through working. You loss of appetite, a o loses pep, feels tired all the time, hangs on. Often then are through enjoying life as a ting of blood and healthy man-or woman-should. These signs may or a You are another casualty in the due to TB. A competent long list of tuberculosis.

back on your feet. You can do first place, have YOU Because a Health Unit is a lo- little to help yourself. Little for rayed? You say you's

That's tuberculosis and the re-

Who has TB? Frankly, the picture programs are in health authorities don't know. That any organization on an is not until they examine you. public health.

### PRINCE RUPERT IS BATTLING SABOTEUR OF NATIONAL HEAD

the early and easily

the answer is NONE!

will always investigate

What's it to you? T

it. But do you REALLY

Lectures and up-to-de

What is it? Who has it? What are the sp

Tuberculosis is a deadly public enemy. Some a subtle saboteur in that it works against your at first without detection, and then more openly.

cases and mortality province, for both b reason. Colds are caught easily. Whites. The Indian can That cough hangs on. You see a tality rates are approx times greater than # You may have it or vo He gives you a tonic for a run- The way to find out is down condition. The mental sug- complete examination where, is clearly out other column. What are the syr

It may be years before you are

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# vphilis and Gonorrhea--Next Great Plagues to Go!

### ILIS, GONORRHEA STALK NUGHOUT NATION AT WAR

I. Dr. D. H. Williams, vision of Venereal Dis- blood tests. ontrol, Department of nsions and National Health

ets from an address to the o, Nov. 25, 1943, under es of the Health League

blem of venereal dismajor Canadian nationproblem, From Atlantic the dank mesh of syphconorrhhea is spread all our communities. We it. The nature of venerse is such that people do bout it. But we want to ou that it is there, and is a great deal of in the incidence of venereal Canada today is such few of us do not ruh very closely with this and with the people who ring from venereal dis-

eal disease, as far as Caconcerned, consists of two -syphilis and gonorrey are exceedingly com-

conservatively, we have that there are today, at ment, 200,000 people, at Canada, with syphilis. ok well and feel well, but ve syphilis and they don't ney have it.

hese 200,000 people that and don't know it, 30,000 care. are going to die of syphi-

men are robbed of the ability of ereal disease.

"Absolutely, if we find it early, doorstep," the pamphlet declares. ces of living long happy lives.

problem is that venereal disease is almost completely preventable. We just have to look at the Scan-

problem may be determined and the trend. And most important, information should be sent concerning those who have been exposed to the infection, who should be extmined in case they are philis at this moment in neglecting the required medical

"If indications in the United ed brains, and of syphilis States give any glimpse of what eart. They will be sudden- we may anticipate in industry in from their homes in mid- Canada, the trend of the last five many of whom will be years is exceedingly significant. nners, because most of Five years ago in the United be men, and the Gov- States only 17 per cent of State will pay the widows al- Health Departments were interand look after their ested in Industrial Hygiene, Last It is a very serious' na- year, 75 per cent had Departments of Industrial Hygiene. can people tell if they There has never gone forward recently any industrial hygiene is only one way-thor- program that hasn't featured ven-

nedical examination and creal disease."

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#### PEOPLE MUST ASSIST IN V.D. CONTROL

"Gonorrhea is an entirely dif- TORONTO, March 31-Emphaferent disease. It is like a fire. It sizing that venereal disease is not burns up brightly, acutely. The merely a local problem, but a naindividual who has it knows he tional one, the Health League of has it. He has discomfort. In Canada has distributed widely the flames of the inflammation are throughout Canada a pamphlet destroyed delicate tissues that entitled "The Social Hygiene have to do with procreation and Voice"-a call to citizens to play many young men and young wo- their part in the control of ven-

ever having children because of The "Voice" says that V.D., in gonorrhea infection. Gonorrhea, fact, is an international problem. the great sterilizer of our coun- "Your home, your community, may be free of syphilis; yet a "Can syphilis and gonorrhea 'carrier' may bring it from afar -into your town, to your very

if we treat it regularly. Delay in This serves to emphasize the finding the infection, irregular general contention of the Health treatment, robs many of the chan- League that health is not a parochial problem only, but that na-"The great tragedy of this tional thinking is needed where sease is concerned.

> The pamphlet is designed to draw attention of all Canadians

The pamphlet calls on all citizens to do their part and to help others do theirs, to control and, especially, prevent the contracting and spreading of V.D.

Noting that prevention is always better than the cure, the "Voice" states that nowhere else does this dictum apply more than in the case of venereal diseasesand advises "don't allow yourself to become exposed to it."

After describing numerous ways in which individual citizens and various organizations can help to publicize the facts concerning venereal diseases, the leaflet appeals to all to support the official "Four Sector Front Against V. D."-Health, Welfare, Legal, and Mor-

These are the salient features of the six-point plan of strategy that the Health Department has adopted:

1. Wholesome, dignified health education concerning syphilis and gonorrhea.

treatment facilities for all persons Suffering from venereal disease. 3. The suppression of quackery and charalatanry in the treatment

of venereal disease. 4. Early adequate prenatal care including blood tests for expectant mothers to prevent the tragic infection of babies, including blood tests for syphilis.

5. General health examination, including blood tests for syphilis before marriage.

6. Effective measures to deal with persons and community conditions associated with the deliberate spreading of venereal dis-

The basis of the six-point strategy of the health department rests upon the axioms that syphilis and genorrhea, in common with other communicable diseases, are vul-

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dinavian countries to see how they to the fact that despite all the nerable to the weapons of public "Front Against V.D." reduced syphilis to a disease of efforts put into nationwide anti- health and thereby may be cured V.D. campaigns during the past and prevented. Canada has reduc-"Every doctor everywhere in year, venereal diseases are as ed smallpox, typhoid fever and Canada has a duty to report in serious a problem today as ever. diphtheria to the status of rare fections in strictest confidence to the health departments, in order by the added threat of a post-overcome. Venereal disease is the TREATMENT that, first, the magnitude of the war epidemic of these diseases. next great plague to go! The back bone of the health program is the fact that syphilis and gonorrhea are curable and preventable-

> fact that cannot be ignored. These Are Being Stressed

1. The nature of the venereal diseases, how they are acquired, how they are spread through the community, and how they may be prevented by avoiding exposure. The practice of high standards of moral conduct.

2. According to the Dominion Bureau of Statistics it is estimated that at least 40,000 new cases of venereal infection will be reported in Canada in 1945.

3. Of all new cases of venereal between the ages of 15 and 30

Canadian city every 15 years by and after the war." this foul disease? And this, in the opinion of competent authorities, is very much underestimating the case.

6. "Syphilis-the most formidable enemy of the race—an enemy entrenched behind the strongest of human passions and the deepest of social prejudices."

Poverty, poor housing, crowding, careless living, are excellent breeding spots for tuberculosis. The disease spreads easily from person to person, where there is crowding and poor sanitation, Hunger, worry, overwork, make it easier for the disease to develop once it has attacked.

Prince Rupert and area has the largest TB rate and mortality rate for tuberculosis in the province. This is believed to be attributed in large measure to the open infectious cases not under super-

The

DAILY NEWS

Northern and

Central British

Columbia's Newspaper

# IMPORTANT

A point in the health sector of the "Front against Venereal Disease" involves effective measures directed toward seeking out and treating those persons who are wittingly or unwittingly spreading infection, and closely related there to and equally important measures to deal with the facilitators directly and indirectly associated with unsavory community conditions which make it easy for highly diseased persons to spread their infection. Reference is made particularly to houses of prostitution it. Stay away from known spreadand other less obvious places of ers of TB germs. This is the best infection, 75 per cent will occur focilitation. This problem is best way to avoid infection. Beware outlined in the words of Dr. W. of people who cough and Clarke, executive director of the Live a well regulated life. 4. According to the Vital Stat- American Social Hygiene sAsocia- properly, get enough rest, avoid istics Report for 1941 (published toon, in urging that people be edu- excesses. This helps to build and 1944(, syphilis caused 913 deaths cated to the problems created by maintain resistance. in Canada for that year. Of these, prostitution: "They must feel sure 117 were babies under one year that prostitution cannot be made (think of these 117 tragedies) and safe and sanitary; that it spreads diagnose or treat a venereal in-5. Taking nine hundred deaths criminals; and is constantly asso- welfare of his "patient". as an average death toll, syphilis ciated with inebrity and drug adwould cause between 13,000 and diction. In short, if citizens are 14,000 deaths in the next 15 years, sure that there is nothing good and rest, outdoor exercise each a population equivalent in Canada about prostitution and that it is day, mental relaxation, regular to that of a small Canadian city. Entirely undesirable, they will fa- elimination, and periodic check-

**ELDERLY MEN'S HOME** (Continued from Page 3)

witnessed in all their colorful splendor In short, no happier selection of site could have been

feet, and of a storey-and-a-half modation for 16 persons, in three dormitories - one with capacity for six, and two holding four, in Historic Kodentsaddition to a two - bed sick bay. There will also be dining room and kitchen, as well as living

Bids for the Home are returnable April 20.

Townley and Matheson of Vancouver are the architects.

### V.D. NEED NOT

Health, Division of Venereal Dis-Prince Rupert Health Unit. A has traced and definitely proven total of 194 persons were admit- that some of our worst plagues ted to the clinic for observation, and diseases have either origin-72 were discharged non-venereal; ated with, or are being carried by, 36 were admitted to the syphilis or transmitted through, the rat. clinic and 86 were admitted to the Being carriers or transmitters of gonorrhea clinic. A total of 1,071 disease, they contaminate food and syphilis and 117 gonorrhea treat- water supplies. ments were given.

Tuberculosis-what to do about Only a physician is qualified to

365 were men between 50 and 70 disease; that it corrupts the mor- fection. The "Quack" who tries to 2. Adequate diagnostic and years of age, and 79 were women als of young people; breaks up a agnose, treat or cure syphilis or of the same age. Man's inhuman- families; demoralizes public offi- gonorrhoea does so illegally and ity to woman cost a heavy price. cials; provides a haven for petty with complete disregard for the Aids to health-adequate sleep

Can we afford to wipe out a small vor its suppression, both during ups by your physic an and den-

### UNABATED BATTLE WAGED AGAINST tage points where the glorious Prince Rupert sunsets may be V. D. BY SERIES OF CAMPAIGNS

The battle against the spread of venereal disease goes on unabated by those who know its dread results. Campaign after campaign is launched to attack the disease. Public The Home, measuring 87 by 49 assistance has been sought. But it is an uphill fight.

Let's take a look at the figures for Prince Rupert-the size, will have comfortable accom- town you live in-for example:

As far back as civilization can be traced, the human being has always been molested with the rodent pest. Governments through-EXIST IN CANADA out the world are constantly study-Can venereal disease be more ing, through their scientific rethan controlled? Can it be wiped search and health departments, out? Yes, other countries have means to exterminate the Real Contacts and sources of V.D. redone it by taking strong measures Public Enemy. It is estimated that ported to the Health Department, and by proper, dignified adult there are two rats for every hu- between July, 1943, and Septemand youth education. Sweden has man being in this country. In or- ber, 1944, totalled 134 persons. brought syphilis and gonorrhea der to live, each rat must con- Of these, seven were men, and almost to the vanishing point some at least \$2.00 worth of food 127 were women. Forty-seven per within her borders. Russia has material a year, and yet this es- cent were of the white race. wiped it out almost completely. timate does not take into consid-Yes, Canada can wipe it out. But evation the more important fact it needs the help of you and your that the rat, being destructive by There are an estimated 200,000 nature, will cause many times A branch venereal disease clin- more damage to merchandise than ic of the Provincial Board of the value of food he consumes. But, more vital than the moneease Control is maintained at the tary loss, is the fact that science

> To cope with the situation in for an extensive educational cam- paign soon,

In 1944, syphilis and gonorrhea topped the civilian list of reported communicable diseases. There were approximately onefifth more venereal diseases reported than all other communicable diseases combined, including tuberculosis. Private physicians treated 57 cases of gonorrhea and the Health Unit V.D. clinic took care of 86. Of this 145, 60 per cents were persons of the white

Also last year, there were 56 cases of previously undiagnosed cases of syphilis reported, composing 41 white persons, 13 natives and two Chinese.

And that in Prince Rupert!

Let's take Canada as a whole. persons in the Dominion who have syphilis and don't know it. And of this number, 30,000 will die from its results.

What's it to you? You're not immune and you pay taxes, too. The cost of V.D. control is paid by you, and so is the cost in damaged property, spoiled goods, indirect death. And that cost runs into millions every year in this

Prince Rupert, your local health proofing of buildings, are being department has drawn up plans prepared to commence the cam-

paign on rat control and extermin- The department appeals for coation. Special approved rat poi- operation of all concerned in reson has been purchased and suit- ducing the rat population, by ably packaged for individual pub- proper disposal of refuse and rat lic use. Printed leaflets on the proofing buildings, thus destroyuse of poisons, trapping and rat- ing harborages and feeding places.



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Public Health Unit In this ambitious effort to promote Better Health.

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IS NECESSARY

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A Sanitarian at Work

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PROTECTIVE FOODS

For Each Person

Children-more than 1 pint

and some cheese, as avail-

Two servings daily of vege-

tables, preferably leafy green,

or yellow and frequently raw,

in addition to potatoes of

which you need one serving

One serving of tomatoes

daily, or of a citrus fruit, or

of tomato or citrus fruit

juices, and one serving of oth-

er fruits, fresh, canned or

One serving a day of meat,

fish, or meat substitutes.

Liver, heart or kidney once a

week, and at least 3 or 4 eggs

One serving of a whole-grain

cereal and 4 to 6 slices of Can-

ada Approved Bread, brown

Adults-1/2 pint.

#### EARLY DISINFECTANT, CHLORINE, STILL USED AS STERILIZER

in France, and Cruikshank in Eng- ard of under-chlorination. prominently as a disinfectant.

Niagara River.

With the invention of the vis- Today, over 85 per cent of doguage. By comparison, today's less and two lives per 100,000. quite complicated.

chlorinator is a simple one. It is guarding public health. jor flow of water.

of flow if no control is applied. water.

#### SCOTT'S MEAT MARKET

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One of the earliest generally varying pressures, thus doing used disinfectants was chlorine. away with waste of over-chlorin-About the year 1800, de Morveau, ation, and the public health haz-

land, discovered its value. Since The present day dosage is usuthat time, chlorine in various ally less than one drop of chlorforms, as gas, chloride of lime, ine to one million drops of water. or hypochlorite, has figured very In other words, enough water can be sterilized by adding the The first practical use of a amount of chlorine contained in a chlorine gas for the sterilization single handful of salt to fill 350,of drinking water, was made in | 000 glasses of water. This minute 1912 at Niagara Falls. Here it re- quantity of chlorine is sufficient placed chloride of lime used for to kill harmful disease bacteria chlorination of water from the without any other effect on the

ible vacuum chlorinator, chlorin- mestic drinking water supply of ation practice has become perfect- North America is chlorinated. As ed to a remarkable degree. Early a result, the 1900 typhoid fever chlorination equipment consisted death rate of 36 lives per 100,000 of a piece of wood, a little glass population, has steadily dropped tubing, diaphrams and pressure until today it has been reduced to

highly-developed equipment seems In a lawsuit which arose over the method of treatment, chlorina-Essentially, however, the un- tion was immediately sustained derlying principal of the visible in the courts as a measure for safe

to dissolve chlorine gas in a min- After exhaustive expert testior flow of water and feed the re- mony had been presented and exsultant chlorine solution to the de- amined, the court's decision was sired point of application. This that it (chlorination) is an effectmethod ensures complete absorp- ive process which destroys in the tion and rapid diffusion of chlor- water the pathogenic germs, so ine when it is applied to the ma- that the water after this treatment, attains a purity much be-Source of the chlorine gas is | youd that attained in water supsteel cylinders. As the gas is plies of other municipalities and used, the pressure in the cylinder that the process described leaves decreases, as well as the velocity no deleterious substances in the

The visible vacuum chlorinator | Routine daily water samples of makes it possible to secure a uni- Prince Rupert water were taken form rate automatically under by the Health Unit between September 15 and October 8, 1944. Bacterial analysis of water samples showed 66 per cent positive for faecal bacteria, proving that pollution was a definite potential danger to the public health.

Since chlorination of the city's water supply, bacterial analysis has been constantly negative. There is no lack of evidence that the water should have been treat-

The teaching and practice calth rules are important.

Phone 422 or 423

### STUDENTS GET BENEFIT OF

weekly.

or white.

Entrance classes and those pupils not previously examined with in a period of two years are given a cursory examination by the Director. All pupils are regularly inspected by the public health nursing staff for evidence of communicable disease, head lice, skin disorders, tonsil and dental defects, etc. Having been thus 'screened," cases are then referrd to the Director who makes a more complete examination. A note is then sent home to the parent drawing attention to the defect noted. Due to the apparently very high incidence of dental caries in children of school age, establishment of a preventive dental service is being borne in mind

for the near future. In addition to inspection and municable diseases, their prevenexamination of pupils, the Health tion and treatment. These are Unit staff acts in an advisory ca- free for the asking.

3rd Avenue

Thiamin and iron from wholegrain or enriched products. pacity to teachers on health matters. A number of interviews and

Principal Aids to Health

The only dependable source

of calcium needed to pro-

tect bones and teeth, the

health of the nerves, and

Vitamin A, which protects

Roughage for good elimina-

Vitamin C. for strong blood

Roughage for good elimina-

Protein, for building and re-

Thiamin (Vitamin B1), and

riboflavin (Vitamin G), for

good digestion and protec-

pair of body tissue.

tion of the nerves.

Calories for energy.

vessels and sound gums

the eyes and guards against

the action of muscles.

infection.

Iron for blood.

and teeth.

nurses.

against diphtheria, smallpox, and the most efficient method of atscarlet fever was continued dur- tack. ing the year.

Sanitation in and around school buildings received the supervision of the sanitary inspector.

"FOR YOUR INFORMATION" The Health Unit has an extensive library of books, posters and pamphlets on the various com-

Phone 18 or 19

#### CONTROLLING OF INSECTS

problem that confronts the man- resulted. As a precaution, the agement of all hospitals and in- Government authorities insist that stitutions. It is true that "control" this type of powder be colored blue is about all we can expect because for identification and labelled even though we were able to kill "poison." all insects in the buildings today, Before the war pyrethrum pow-

Insects are indeed the major problem for hospitals and institutions. They damage stores, foods and materials to the value of many millions of dollars each year.

Of the many insects with which two are perhaps the most bothersome-roaches and bedbugs.

#### Roaches

The roach is one of the most objectionable of all insects, and can be accurately described as a scavenger, spoiler of food, and a likely carrier of pathogenic bacteria. Roaches destroy more food by contamination than by actual consumption, as they give off an offensive liquid, from their bodies which on contact with food, makes it unfit for use.

Roaches are found wherever there is food and warmth. They spend the daylight hours in secluded or darkened places such as cracks, crevices, and behind water pipes, coming out after dark to feed.

The roach is credited with having an exceptionally keen sense of smell and, we are told, can even smell a cream pie a hundred yards away .So you will see that your foodstuffs and stores are never safe if roaches are in the neighborhood.

Roach control is all too often a lingering process ,not on account of the inefficiency of the insecticide, that is used but invariably because of incorrect application.

Liquid insecticides are perhaps the most suitable and popular the teaching staff on numerous of them are non-poisonous and inoccasions by the director and the variably give spectacular results.

However, it is necessary that In February, a tuberculosis the application be made properly. plete and repeated frequently. "patch test" survey of the high The best medium, is, of course, an school was made. A total of 386 electric sprayer. This allows the school children were tested and of insecticides to be forcibly driven these, 43 showed positive re-ac- in various degress of atomization tions indicative of exposure to into the known or suspected hidetuberculosis Of this number, 10 outs. However, good hand-sprayshowed evidence of either appar- ers will also provide satisfactory ently arrested or of active dis- results. But remember that the premises to be sprayed should first | Help protect it by eating the right Immunization in school children of all be surveyed in order to plan kind of food.

> Most insecticide sprays contain ingredients which activate the reaches and drive them out of their hiding places-so make sure that the sprayer is full before each room is sprayed.

Most insecticide powders contain sodium fluoride, which, as you know, is deadly poisonous. No doubt you have heard of the many deaths that have been caused accidentally through the incorrect use of sodium fluoride roach pow-

Some Points in Dealing with | ders. In one case, the sodium fluoride was mixed by mistake with Insect or pest control is a a pancake flour and many deaths

temorrow would bring further in- ders always held a high place in festations as roaches come in with roach control, as they were nonfoodstuffs and stores; bedbugs poisonous and very effective. Howare usually personally imported; ever ,all pyrethrum stocks have flies get through open doors and been taken over by the governunscreened windows; and moths ment for specified purposes and just seem to recur. And so it goes are not currently available for industrial or institutional purposes.

Fumigation is an effective but vary hazardous way to control in- 70 years. sects, and should only be administered by a licensed fumigator. All premises would have to be vacated for a definite period (usually we have to contend, the following 48 hours). In these days this would be difficult, However, fumigation definitely has its proper place in insect control.

#### Bedbugs

Bedbugs require different treatment and again it is recommended that a liquid spray be used containing one of the thiocynates, with a suitable deodorizzing agent, because good bedbug sprays should not only kill the bedbugs but also should neutralize and cover the very distinct and disagreeable odor which is characteristic of bed-

Treatment of a b'ed or single bedroom will seldom give satisfactory results, unless all the surrounding rooms are likewise treated .This application must be thorough to the point of spraying all cracks and crevices in the walls, floors and ceilings, including all furnishings. Mattresses and blankets should of course be removed and thoroughly fumigated, but if this is impossible, then we would recommend that they be thoroughly sprayed, or in the wintertime, left exposed to sub-zero temperatures which will, of course, kill the bugs and the eggs.

The following is stressed: 1. Buy a good insecticide from

a reputable company, making sure discussions have been held with means of roach control, as most that it is registered under the

2. Be sure that the application in each case is thorough, com-

3. If possible, have the rooms heated to 80° F. This will give faster and better results.

4. Always have a supply of insecticide on hand.

Today your good health is both a personal and a national asset.

#### SOME FACTS ENCOURAGING

Owing to the wide application of the results of scientific re-

1. The following diseases have been, or may be, practically eliminated by scientific treatment:-

Small pox Typhoid fever

Diphtheria Milk-borne diseases from raw Syphillis and gonorrhea

2. Since 1850 the average duration of life in Ontario has increased from 40 years to over 60 years .In New Zealand it is over

3. Note this startling fact, the birth mortality rate is

YOUR CHILD NO Smallpox vaccae smallpox. Diphtheria toxoid

diphtheria. Whooping Cough v help prevent against ing cough. Scarlet Fever ton protect against Fever.

increase in number of Canada at following ages 75-79 80-84 85 1921 71,350 37,601 15 4 1931 ... 98,269 49,171 19 1941.. 135,695 71,514 276

> p. 95) 4. The reduction in the mortality rate and in p

(Canada Year Book, y

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