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G. A. HUNTER, Managing Editor.

MEMBER
A.B.C.

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Public Health Publicity Effort

There can be no overestimate of the value of public health. Physical well-being 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 ourselves 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

the benefits of public health. An excellent moving picture film has been produced and today the Daily News is 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 being made available for the enlightenment and information of every home and citizen of Prince Rupert through the wide circulation of the Daily News but several thousand extra copies have been printed for wide-spread distribution from one end of Canada to the other, particularly among Junior Chambers of Commerce and public health organizations.

We think that the Junior Chamber of Commerce and the Public Health Unit are to be congratulated on this ambitious publicity effort with which the Daily News is proud to have been identified. We commend it to the detailed perusal of all readers for their own benefit.

HIGH SCHOOL FOR NATIVES

Should be Located in North-Salmon Price Negotiations

KITWANGA, March 31 (Special to the Daily News)—A resolution recently passed in Vancouver by the executive of the Native Brotherhood of B. C. that a native high school be established in the northern part of the province was warmly supported here when W. B. Morgan, northern interior vice-president of the Brotherhood made his report of the executive session to a meeting of the Skeena district people.

However, the meeting narrowed down the proposed area of location by passing a motion that the school be set up away from the coast district and in an area where agriculture could be carried on. A site in the district between Kitwanga and Hazelton was favored.

Mr. Morgan said that the United Church of Canada had definitely promised to back every effort to have a native high school established in this district, either near Prince Rupert or in whatever part of the interior was found best.

He reported that a letter had been sent to Prime Minister Mackenzie King urging the removal of taxation and conscription of natives on the grounds that since they are not granted the rights of citizenship they should not be asked to share in the burden of maintaining the war.

Reporting on salmon price negotiations, Mr. Morgan said that a negotiating meeting would be held at Cape Mudge on May 21 with cannery operating committee members and cannery 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 and 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 places with consequent reduction in the spread of mouth-borne diseases.

War brings 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 six months basic training.

Late Saturday night, Corporal Parks received word of the sudden death of his father at Edmonton, Alberta. He and his wife and little boy left on the midnight train. Corporal Parks has been granted 20 days leave and 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 in his bereavement.

Mrs. P. V. Tallon and young son, Larry, left on Wednesday night's train for their home in Endako.

BOB WILLET LEAVES RUPERT

Announcer Bob Willett, who has been employed by the Canadian Broadcasting Corporation at CFRP for several months, left last night for his home in Victoria where he will spend a few weeks before entering the freelance field of radio. Bob is featured in the current copy of TUNE IN Magazine.

Do you know that your child should be immunized at the age of six months? See your doctor or the Health Department.

For All SKIN ailments



KLEEREX
FOR ECZEMA AND OTHER SKIN AILMENTS
MEDIUM AND STRONG

SOLD AT ALL DRUG STORES

GEORGE DAWES AUCTIONEER

— and —
VALUATOR

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

Estimates Free 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 announced by the commanding officer. Those promoted are John M. Davis, Robert I. McLaughry, James L. Richardson and Wilma J. Fite.



Relieve Headache Pain

FAST!
Aspirin Eases Headache Almost Immediately

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!

NEW REDUCED PRICES
Pocket Box of 12.....now 18c
Economy Bottle of 24.....now 29c
Family size of 100.....now 79c



ASTHMA

Don't Gasp for Breath
Breatheasy

Sold on Money Back Guarantee!
ORME'S Ltd. Telephone 81 or 82

Announcement...

After serving the public for over 17 years E. T. Kenney Limited has decided to sell the retail business handling hardware and allied lines, to Messrs. Johnstone and Michiel who will take over operations on April 1.

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

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

E. T. Kenney Limited

TERRACE British Columbia



"Strap Strategy"

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

\$7.45
CUT RATE SHOE STORE

BULKLEY VALLEY COLLIERIES LTD.

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

BULKLEY VALLEY COAL

Phone your dealer and save.

RUPERT BRAND :: SMOKED :: BLACK COD

Canadian Fish

— AND —
Cold Storage

COMPANY LIMITED
PRINCE RUPERT, B.C.

MOTT ELECTRIC LIMITED

Electrical Contractors
COMMERCIAL INDUSTRIAL & MARINE ELECTRICIANS

Electrical Supplies—Home Wiring and Repairs

Offices in Vancouver and New Westminster
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. Weix by W. Yule.

Commercial Janitors' Supplies
Floor Soaps — Floor Sweeping Compounds — Brooms — Brushes — Paper Towels — Hotel and Restaurant Supplies
IMMEDIATE DELIVERY
Prince Rupert House
330 2nd Ave.

FLASH...

Fashion-Craft cloth samples for Spring have arrived.

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

Watts & Nickerson
MEN'S AND BOYS' CLOTHING
PHONE 345 — FIVE THREE TWO THIRD AVENUE
"THE MEN'S SHOP"

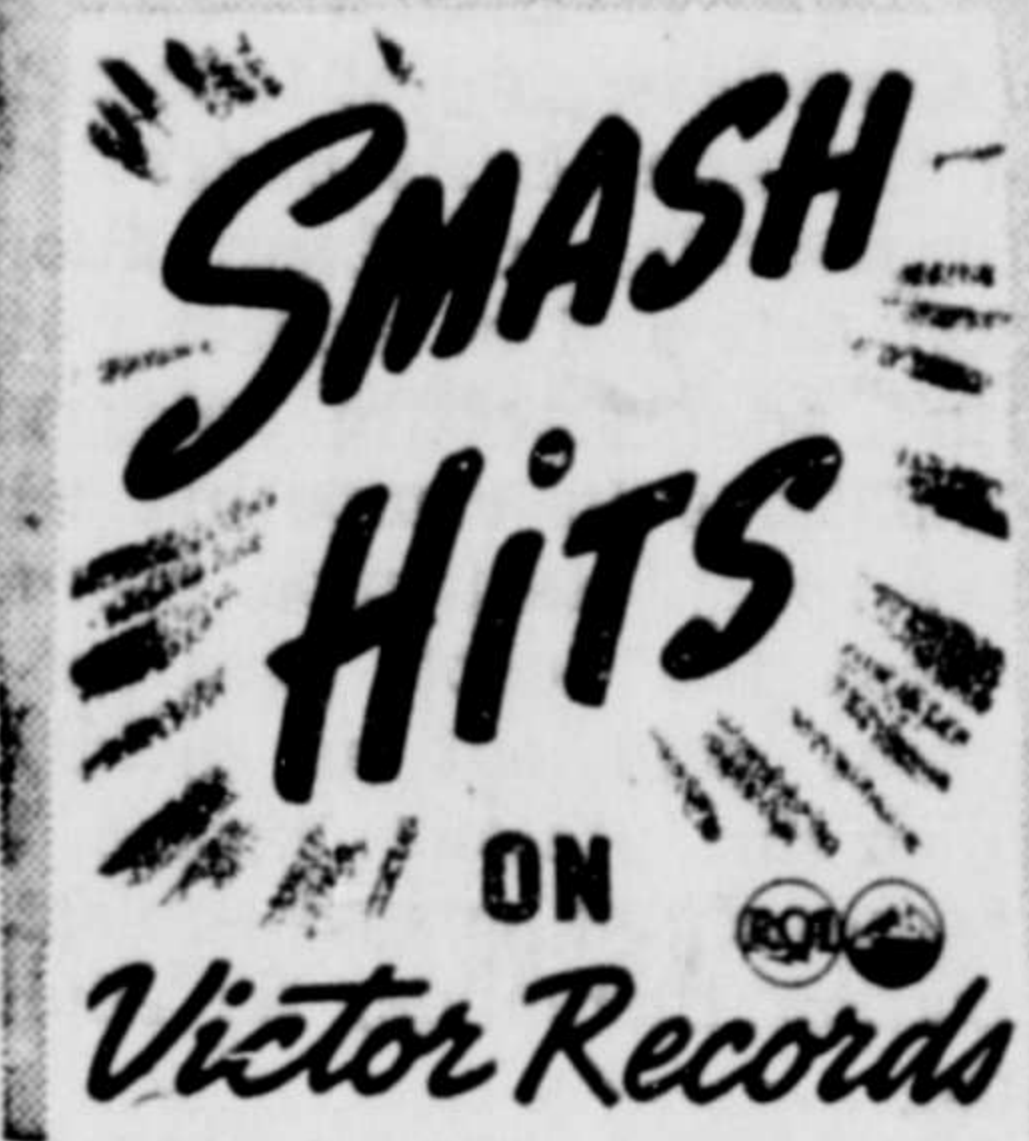
LUCKY'S Light Delivery and Transfer

24-HOUR SERVICE

1341 Sixth Avenue East
Phone Black 371

HYDE TRANSFER

Dry Slabwood, per cord ... \$10
Dry Poplar, per cord ... \$12.50
Sawdust, per sack 15c
PHONE 580



SMASH HITS
ON
Victor Records

"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

McRae Bros. LIMITED



SAILINGS FOR VANCOUVER and Way Points
Tuesday—SS Catala.
Friday—SS Cardena

Sailings for Queen Charlotte Islands every ten days.

Further Information, Tickets and Reservations
FRANK J. SKINNER
Prince Rupert Agent
Third Ave. Phone 568



Advertise in the Daily News for Results.

Look - GET THIS Beautifully Illustrated 32 Page BOOK FREE!

FROM YOUR MARSHALL-WELLS Paint Dealer

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 jobs in natural color. Learn about beauty by the gallon.



In many cities the yellow pages of the phone book show Marshall-Wells paint dealers

MARSHALL-WELLS PAINTS • VARNISHES • FINISHES

SOLD BY KAIEI CONSUMER'S CO-OPERATIVE

We can say this in three words...

BUY COAL NOW



ALBERT AND McCAFFERY

PHONES 116 — 117



THE BULKLEY MARKET

Features:
CENTRAL INTERIOR

Beef : Pork
Poultry Products
Under Most Sanitary Conditions

311 Third Ave. Phone 178

Purity, Accuracy, Dependability




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.

Ormes Ltd. The Pioneer Druggists

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

YOUR
Easter Bonnet
... IS HERE ...



Including the latest
Casablanca
Ostrich Plumes Galore

All New York Styles

Nette's Ladies' Wear
Prince Rupert

CHANGE IN STORE HOURS
Starting Monday, April 2nd
Our store will stay open until 6:00 p.m., except Thursday closing at 1:00 p.m.
We enable our patrons to do their shopping after work with greater ease.

ASSALEM'S ECONOMY STORE

CENTRAL HOTEL DINING ROOM

HOME COOKED MEALS
Open 7 a.m. - 8 p.m.
ALL WHITE HELP

Have You Heard the Latest?
Your RADIO is your link with the world!
Keep it in perfect condition—have it checked and repaired by an expert—call

"Speedy" Radio and Electric Shop
FREE ESTIMATES
221 Second Avenue Phone Green 217

See our stock of household furniture and novelties.

J. H. MAIR
FURNITURE AND AUCTIONEER
3rd Ave. — Prince Rupert — Blue 69

FISHERMEN!
Call and see the St. Lawrence 100 H.P. Mercury V-8 Marine Engine now displayed in our stockroom.

E. PARKER LIMITED
Ford and Mercury Dealers
3rd Avenue PHONE 83

BONDED ROOFERS
PRINCE RUPERT ROOFING CO.
and Sheetmetal Works
Metal work of all kinds — Air Conditioning — Sinks — Eavestrough & Furnace Work
Prompt attention to outside orders
ESTIMATES WORK GUARANTEED
2nd St. & 2nd Ave. W. P.O. Box 725 Phone Blue 964

Frozen Fruits and Raspberries, Sliced Peaches.
Prise Fruit Co.
PHONE 343

J. L. CURRY CHIROPRACTOR
If pain—Chiropractic! If nerves—doubly so!
Smith Block Green 995

Local News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

▲ 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. (76)

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.

Church

First United Church
636 Sixth Avenue West
Rev. 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.

A cordial invitation to worship with this congregation is extended to all.

St. Paul's Lutheran Church
Cor. 5th Ave. and McBride St.
Rev. Magnus B. Anderson, Pastor

11 a.m.—Easter Service. Two anthems by the Chapel Choir.
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. Gagliardi in charge.
7:30 p.m.—Evangelistic.
Subject: "After Death, What?"
The Greatest Bridge Ever Built.
The Marriage at the Cross. Don't miss this!

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

Easter Day
8 a.m.—Holy Communion.
9:45 a.m.—Children's Service.
11 a.m.—Morning Prayer and Holy Communion.
Anthem: "Jesus Is Risen."
7:30 p.m.—Evening Prayer and Sermon.
Anthem: "Why Seek Ye the Living Among the Dead."
Preacher, Rev. L. A. Morratt.

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.
7:30—"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...
CROWNED 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 meditation).
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.

DIES TWO WEEKS AFTER HUSBAND
Less than two weeks after her husband, Alfred Stork, first mayor of Prince Rupert and former Member of Parliament for Skeena, had passed away, Mrs. Emily Stork, the widow, died at her home in Brampton, Ontario, on Wednesday of this week, according to advice received by local friends. She had been an invalid for many years.
Like her husband, Mrs. Stork was one of the very early residents of Prince Rupert, having come here in 1909 from Fernie. Her many old friends here will regret to learn of her passing. Quiet and unassuming, she was nevertheless very popular in social circles. She was an active member of the Presbyterian Church.
Upwards of 60 years of age, Mrs. Stork was born in Brantford, Ontario, of English parentage. She is survived by one son—Douglas, of Chicago—and two daughters, Mrs. N. L. Freeman of Seattle and Miss Patricia Stork at Brampton.

Announcement
Queen Mary Daffodil Tea, Easter Monday.
Anglican Easter sale, April 5.
C.C.F. Bridge Drive every Saturday.
W.O.T.M. Dance, Oddfellows' Hall, April 4, 9:30 to 1:00.
W.O.T.M. Sale and Tea in Oddfellows' 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. Hux, April 18.
Eastern Star Ball, April 20.
St. Peter's Sale, April 20.
Dance every Saturday night, Oddfellows Hall, 9 to 12. Swing Quintette Orchestra.
United Spring Sale, May 3.



THINK Before They Arrive!
Baby's teeth we mean. Give them thought before they appear—even before baby arrives. Good teeth start with the mother's diet... and through babyhood and childhood, calcium, phosphorus and vitamin D are needed to build and maintain sound teeth.

Carnation Milk
"from Contented Cows"
A CANADIAN PRODUCT



IN THE SUPREME COURT OF BRITISH COLUMBIA
IN THE MATTER OF THE "ADMINISTRATION ACT"
AND
IN THE MATTER OF THE ESTATE OF ALEXANDER MACAULAY, DECEASED.
TAKE NOTICE that by Order of His Honour Judge Fisher, Local Judge of the Supreme Court of British Columbia, I was on the 19th day of March, A.D. 1945, appointed Administrator of the estate of Alexander MacAulay, who died on the 25th, or 26th of January, 1945. All persons indebted to the said estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said estate are required to file with me properly verified or before the 30th day of April, 1945, failing which distribution will be made having regard only to such claims of which I shall have been notified.
DATED at Prince Rupert, B.C., this 19th day of March, A.D. 1945.
NORMAN A. WATT,
Official Administrator,
Prince Rupert, B.C.

GOVERNMENT OF PROVINCE OF BRITISH COLUMBIA
DEPARTMENT OF PUBLIC WORKS
NOTICE TO CONTRACTORS
Construction of a Steel Hull for Kootenay Lake Ferry
Sealed Tenders, endorsed "Tenders for Steel Hull, Kootenay Lake Ferry" will be received by the Minister of Public Works up to 11 a.m. of Wednesday, second (2nd) day of May, 1945, and opened in public at the office of the Minister at that time and date.
Plans and Specifications, etc., may be obtained on deposit of the sum of twenty-five dollars (\$25.00) for each set. These can be obtained on application to the Chief Engineer, Parliament Buildings, Victoria, B.C. This deposit will be refunded on the return of the Plans and Specifications, etc., in good condition.
Each tender must be accompanied by an accepted cheque made payable to the Minister of Public Works for the sum of eighteen thousand (\$18,000.00) dollars, which sum shall be forfeited if the Contractor tendering declines to enter into contract when called upon to do so, or if he fails to complete the work contracted for.
The cheques of unsuccessful tenders will be returned to them when the contract has been awarded.
Tenders must be made out on the forms supplied.
The lowest or any tender will not necessarily be accepted.
A. L. CARRUTHERS,
Chief Engineer,
Department of Public Works,
Parliament Buildings,
Victoria, B.C.
23rd March, 1945.

PURE WATER IS RARITY IN NATURE
It is a curious fact that there is no such thing as a pure water 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 bring it directly to those same 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 disease.

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.

A few timely drops HELP PREVENT MANY COLDS 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 against colds. Follow directions in folder. **VICKS 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 STETSONS
A new stock just arrived.

MORGAN'S MEN'S & BOYS' WEAR
3rd Ave., next to Ormes



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.

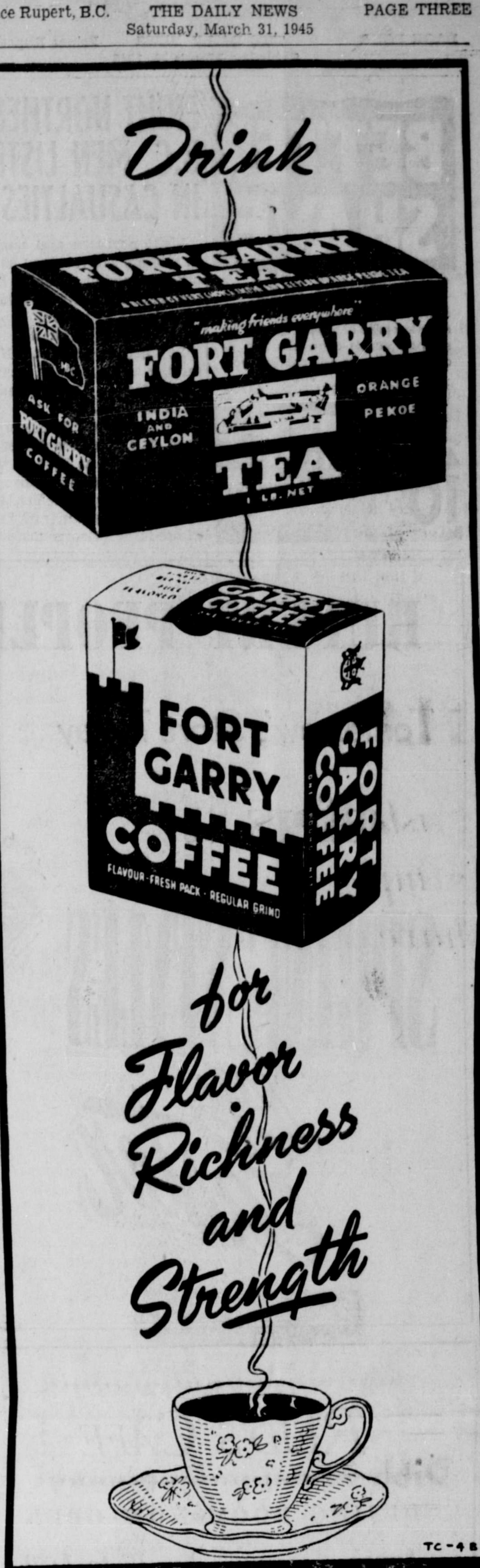
PEGGY SAUNDERS
4th St. (across from Post Office)



Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY
PHONE 657

J. M. S. LOUBSER D.C., B.A. CHIROPRACTOR
Wallace Block Phone 640

Drink FORT GARRY TEA
"making friends everywhere"
FORT GARRY TEA
INDIA AND CEYLON
TEA
ORANGE PEKOE



A few timely drops HELP PREVENT MANY COLDS 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 against colds. Follow directions in folder. **VICKS 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

for Flavor Richness and Strength

PRODUCTS OF
HUDSON'S BAY COMPANY
AT YOUR NEAREST GROCER

Spring Charmers
For MILADY



News flashes in footwear reveal open cut pumps and sandals, saucy ties—all tuned from Spring 1945. Moderately priced.

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
20 KITCHEN STOOL STEP LADDER—Ideal for sitting when ironing \$3.25
Send us your mail orders.
Phone 775 327 3rd Avenue, Prince Rupert

TORY OVER
DISEASE

Prince Rupert Backs Good Health

CAN BE GREAT ONLY IF
PEOPLE ARE HEALTHY

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

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

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

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

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

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

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

The area served by the Health Unit extends east 100 miles along the Canadian National Railway and Skeena River, to Usk; north, to the International boundary;

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

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

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

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

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

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

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

Deaths, 1926 —

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

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

Deaths, 1926-1940 —

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

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



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

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

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

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

WAR'S START ACCENTED NEED OF HEALTH, SANITARY SUPERVISION

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

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

The area served by the Health Unit extends east 100 miles along the Canadian National Railway and Skeena River, to Usk; north, to the International boundary;

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

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

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

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

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

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

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 —

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 report of the Prince Rupert Health Unit, and it embodies a record of the unit's activities during 1944.

Within its 21 pages can be found a chapter in the never-ending story of the fight for community health. Its divisions include statistical information on the year's quest for sanitation, immunization, communicable disease control, school health services, venereal disease and tuberculosis control in Prince Rupert, Terrace, and cannery and logging camps in the district.

While it is the third annual report since the Health Unit was formed, it is the first to appear in booklet form, and it presents an attractive appearing record of the diverse work accomplished by the Health Unit.

Public Health Began Ere This

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

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

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

Chlorination Is Major Purifier

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

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

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Importance to Community of Healthy Living Emphasized

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

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

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

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

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

Sanitation is a topic of interest on Page 5.

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

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

The Prince Rupert Junior Chamber of Commerce wishes to acknowledge the wonderful co-operation accorded them by Prince Rupert merchants, whose support of advertising in this special supplement, has made it possible.

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

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



—and Continues to Sunset of Life



Mayor and Municipal Council
of the
CITY OF PRINCE RUPERT

extend to the
**Junior Chamber
of Commerce**

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

The Prince Rupert Health Unit -- A Community Service

WORK OF PUBLIC HEALTH UNIT IN PRINCE RUPERT IS FILMED

Provincial health officers, sanitary inspectors and nurses' meeting at the Empress Hotel in Victoria, 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 here, 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.

Production of the movie began early this year under the supervision of Dr. R. G. Knipe, Medical Health Officer. W. T. Davis was the man behind the camera, while Bob Willett, of the CBC, was loaned to the Health Unit, to direct the shooting.

After more than two months of actual filming, the movie was ready for final processing, and it emerged as an interesting half-hour of scenes ranging from natural color sequence showing northern scenery and industries, to the bathing of a new-born baby in a wartime house. The script was written to be both entertaining and informative, and the film is designed to acquaint residents of the district with the many activities carried out or supervised by the Unit, the difficulties which are being overcome, and ways in which citizens may assist in the fight 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 Unit.

Committee Probes Education Set-up

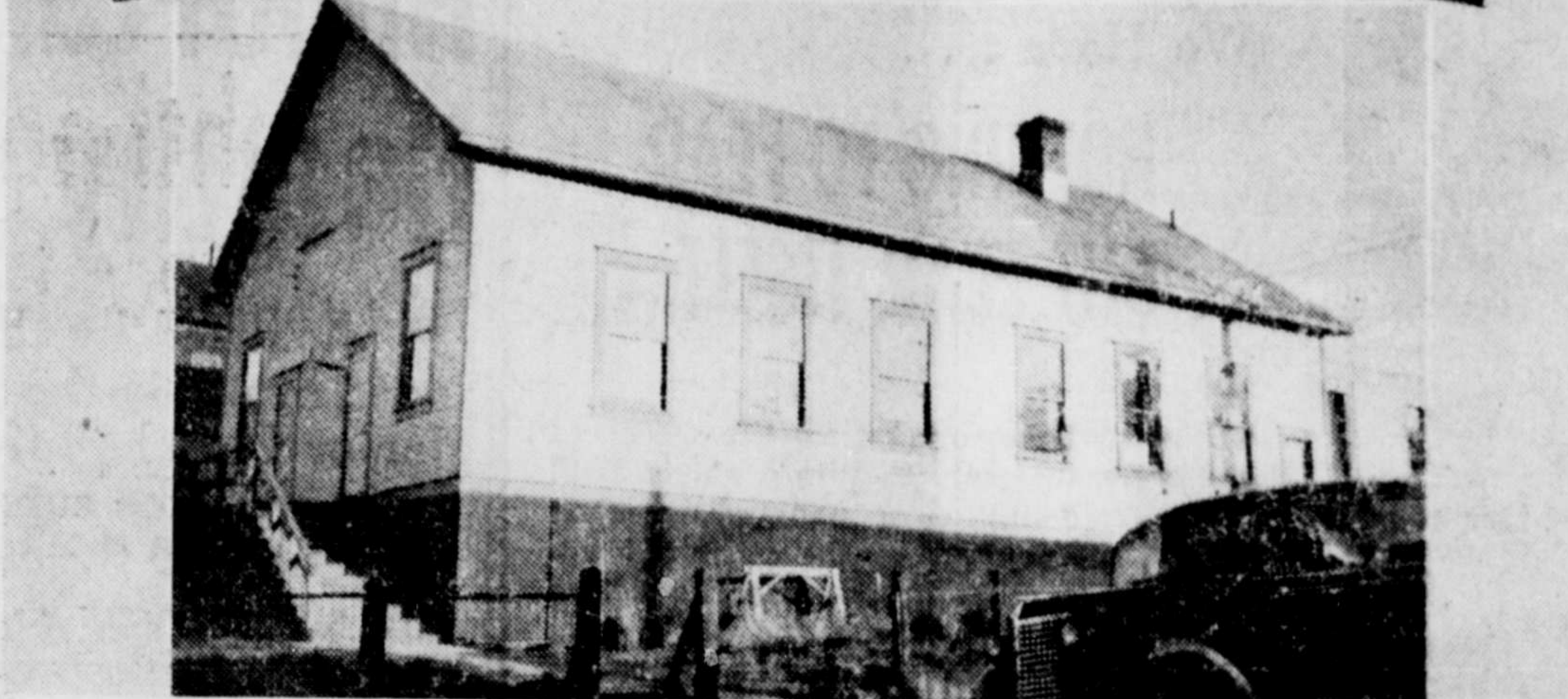
TORONTO, March 31 — In the fall of 1942, a survey committee was set up by the Canada and Newfoundland Education Association and was instructed to give the whole educational setup in Canada and Newfoundland a real searching inquiry. The association is an organization of top-ranking department of education officials and men and women of high position in municipal and voluntary educational bodies.

Under the chairmanship of Dr. W. P. Perceval, director of Protestant Education for Quebec, the survey committee studied available reports on our Canadian educational systems and programs and consulted leading educationists throughout the field.

The report of this committee was widely read and critically studied. It presents 15 outstanding needs in Canadian education in the order of immediacy. First of all ranks "Health examination and follow-up treatments for all children."

After recognizing good work in health education in our schools, it recommends that Canada spend annually additional millions for school health programs. The report declares that "healthy children are public assets; sickly children are liabilities."

And the present is a good time to bring these recommendations and the work of the committee to light again.



Below: The Prince Rupert Public Health Unit Building on Second Avenue.

Health Unit In Action . . .

1. Dr. R. G. Knipe, director.
2. A patient receiving treatment in venereal disease clinic.
3. M. J. Harper, sanitary inspector.

Below: The Prince Rupert Public Health Unit Building on Second Avenue.

Unformed or misinformed persons do not recognize readily the dangers associated with syphilis and gonorrhoea.

There are no signs of early TB.

Health Unit Fills Urgent Need Throughout District

By B. THORSTEINSSON (Chairman Union Bd. of Health)

The Prince Rupert Health Unit which is similar to health units located in other parts of this province, has been in operation for over three years. It came into existence as a result of the urgency of this district for a full time public health service, and has functioned steadily since that time.

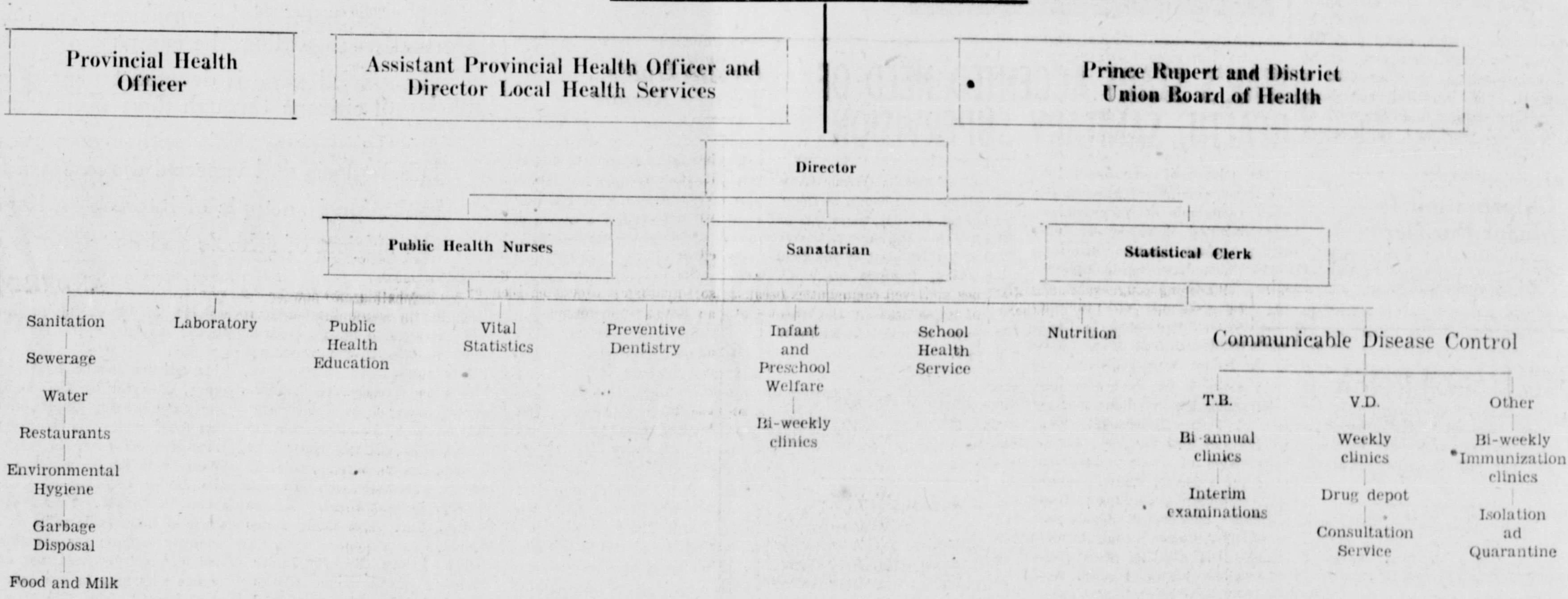
When first organized, the health services were confined to Prince Rupert and vicinity, but this has since been extended to include Terrace, the Queen Charlotte Islands and adjacent territory.

This organization, this Health Unit, belongs to the people in this area. It is financed by local funds with grants from the provincial and dominion governments.

The control and direction of the Unit is vested in the Prince Rupert and District Union Board of Health, which at present is composed of four members, with the local health officer as its secretary. On this union board of health sits one representative from Terrace, one from Prince Rupert city council, one from the Prince Rupert Board of School trustees, and one representing the provin-

cial government. Consideration is being given to a proposal to enlarge the body to supervise the health unit, to give it assistance and staff of the unit, to give it direction and to arrange for the health unit to attempt to influence opinion and to arrange for the health unit to be used for the health in this district. It is the desire of the union board to arrange for the health unit to be used for the health in this district. It is the desire of the union board to arrange for the health unit to be used for the health in this district.

PRINCE RUPERT HEALTH UNIT



"If I had only known --"

"I once thought that TB had to run 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. I just would not believe that TB might hit me. If I had only known . . ."

"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 . . ."

Candies - Fresh Fruit and Vegetables Groceries and Drygoods

at the

STAR Confectionery

816 3rd Avenue West

GOOD HEALTH is found in **GOOD HOMES**

★

for Better **Building Materials** SEE **PHILPOTT, EVITT & COMPANY**

Phones 652 or 653

BOSTON CAFE

OPEN WEDNESDAYS

from now on

Good Light . . .

Brightens the road to Good Health!

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

To cut a fancy caper

and be dressed in the latest style . . .

— SEE —

ACME CLOTHIERS

THIRD AVENUE

New **ROYAL HOTEL**

Home Comforts MODERN — CLEAN Reasonable

3rd Avenue at 6th Street PRINCE RUPERT

SEE **PHILPOTT, EVITT & COMPANY**

Phones 652 or 653

Dybhavn & Hanson Ltd.

Third Ave. West Phone 384

Fire Insurance and Real Estate

Dress in Style

. . . and . . .

W. R. LOVE ELECTRIC COMPANY

PRINCE RUPERT, B.C.

— SEE —

ACME CLOTHIERS

THIRD AVENUE

A Nation . . . is as sound as its Health!

Cleanliness and Service Contribute to Both.

Johnny's SNACK BAR

Second Avenue Vern Evans - Proprietor

WALLACE'S Department Store

. . . for . . .

Comfortable Wearing Apparel

Dresses - Hosiery - Drygoods

3rd Avenue at Fulton Phone 9

Look Well All the Time

For Men's and Boys' Fine Clothing visit

"THE MEN'S STORE"

Watts & Nickerson MEN'S and BOYS' CLOTHING

PHONE 345 — FIVE-THREE-TWO THIRD AVENUE

This paper gives you a tip

TO BE HEALTHY— BE WEALTHY AND WISE TOO . . .

SHOP AT **GORDON & ANDERSON LTD.**

ELECTRICAL AND GENERAL HARDWARE

3rd Ave. Phone 46

ONTARIO PASTEURIZATION

In 1938 the Province passed legislation compulsory pasteurization of milk by reason of the fact that over 98 per cent of the milk for human consumption in this Province is pasteurized in the Province of Ontario. The only Province in Canada which has not yet enacted such legislation is the Province of Alberta. The fact that the Province of Ontario has passed such legislation has resulted in the fact that the milk as they had their milk through the use of pasteurization. For example, the Toronto Hospital has had a very low incidence of typhoid fever, scarlet fever, diphtheria, and other diseases. (Continued on page 3)

BLUEBIRD

The GILBERT

THAT WILL MAKE YOU WEALTHY

REGISTERED PATENT

GLAMOROUS

Style accessories and a perfect make-up are essential to a woman's self-value.

Exclusive to

Modern in design — set with a new, improved, flexible, self-adjusting "Perfect Fit".

EVERY MAN IS INVITED

JOHN BULLOCK JEWELRY

THE UNENDING FIGHT AGAINST COMMUNICABLE DISEASES

Keep Him Healthy!



"I'm Immunized!"

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 1944. The figures make interesting reading. For example, they show that there were no cases of whooping cough during the year. And yet just two years ago, this city had 31 cases in the 12-month period. Wiped out? No, just controlled, and it can remain controlled so long as you and I do our part to become informed on what whooping cough is and how to protect against it.

It is the same story with diphtheria. There were 44 cases in 1942, none in 1944. Again we controlled it.

And when we say "we," that means you and I in co-operation with the local medical practitioners and the health department. Without your help and mine, the doctors could not have done it alone.

These diseases could break out again if we do not remain alert against them. Here are some of the well-known and more common diseases and how to protect yourself and your family against them.

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 immunization 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 toxoid. 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 many trips to the doctor or clinic.

Scarlet Fever

And what about scarlet fever? It is a communicable disease, too. It can cause heart conditions or deafness or kidney disease. Many cases 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

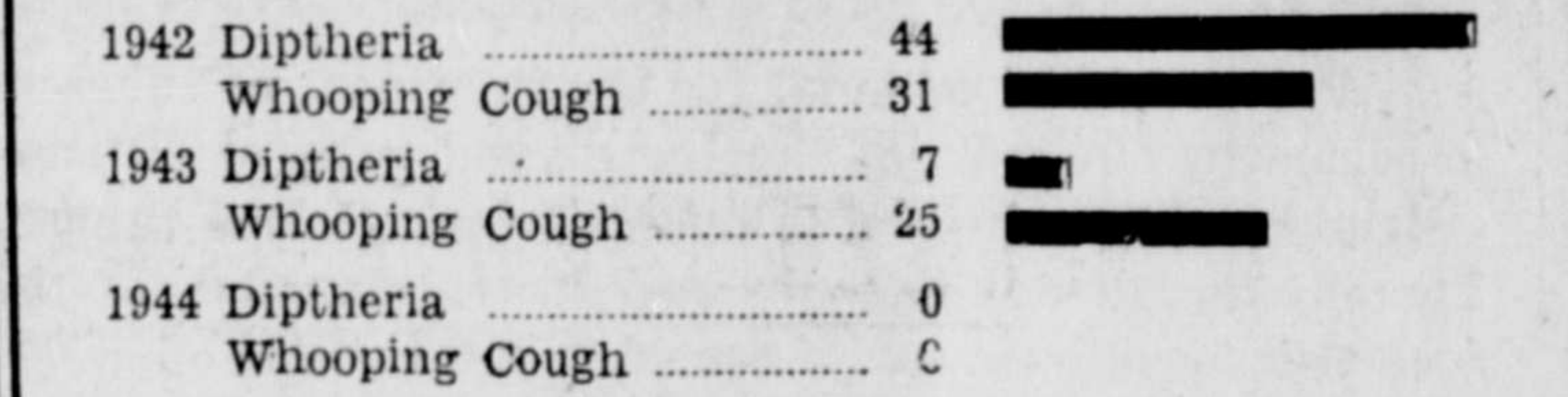
Scarlet fever toxin is given in five doses, a week apart, and many health officers advocate a sixth dose to ensure protection. It is

given under the skin just like diphtheria toxoid and causes very little pain or reaction afterwards. It should be given between the ages of one and two years.

Scarlet fever toxin has not been perfected as has diphtheria toxoid and since so many doses are required, some health departments do not plan campaigns, but they give information in regard to scarlet fever toxin and distribute it to physicians who wish to immunize patients against this disease.

Diphtheria

Diphtheria, too, is a "germ" disease, which spreads very rapidly from one person to another, either by direct contact or by means of "carriers" and infected clothing, dishes, common drink-



Diphtheria 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.

ing cups, etc. Poison from the germs spreads through the body. It is a killing disease, though, at times, it is deceitful by its very mildness. In the old days before the discovery of antitoxin and toxoid, it wiped out whole families and even communities because of its severity. It was dreaded almost as much as smallpox.

It attacks all ages, but is much more apt to attack young children, especially those from six months old up. It is also more severe in these younger children and causes more deaths. Even when apparently mild, it leaves or may leave, serious heart and nerve complications.

Treatment

Antitoxin is of great value in treating diphtheria. If given early enough, and in large quantities, it will save life and help prevent complications. But there is the problem of finding the disease early and getting the antitoxin in time. Surely we do not want our children to be sick with the disease, 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 small doses under the skin. The doses are spaced about three weeks to a month apart. Each dose hurts only about as much as a mosquito bite. There is no "sick" reaction to it when given at an early age.

It is best given from six months to nine months of age. A fourth or "reinforcing" dose should be given when the child starts to school, or even earlier.

There is a test—known as the Schlick test—which tells if the child has been protected against diphtheria and whether further injection are necessary.

Toxoid is NOT a treatment for

persons sick with diphtheria. It is a preventive against diphtheria. It acts by bulding up a person's resistance to diphtheria germs and their poisons.

Diphtheria can and has been wiped out. United effort has done this.

Smallpox

We all know what smallpox is, though many of us have never seen a case.

Perhaps that is why we forget that smallpox is a killing disease. We forget how disfiguring it can be. We forget that it was once the most dreaded of all diseases, and that it wiped out a tenth of the population at a time. It used to be that lack of smallpox marks was used as a means of identification—people who were not pock marked were rare. Yet smallpox is still here, and there are cases occurring in Canada.

Protection

There is no natural immunity against smallpox. Anyone who

has not been vaccinated may catch it. It attacks people of every age. Vaccination is the only protection we have against it.

Every child should be vaccinated before he is 12 months of age. Smallpox is caused by a "germ" so tiny that it cannot be seen by an ordinary microscope.

Smallpox vaccination protects against smallpox. Vaccination is usually done on the outer part of the upper left arm. Modern methods leave only a small scar no longer than the end of a lead pencil. In young children there is scarcely any "sick" reaction.

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

ONTARIO PROVES
(Continued from Page 2)

cases of the above diseases originating through the use of milk. 98.82 per cent of Prince Rupert's milk is pasteurized.

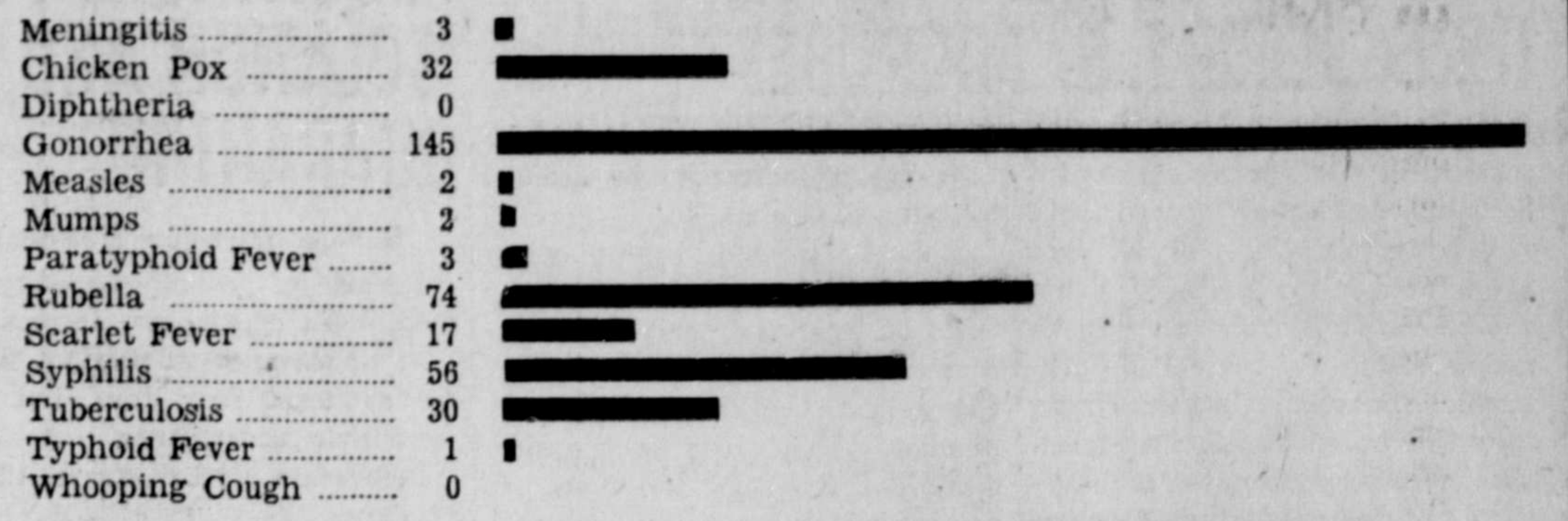
Germs Carried by Raw Cow's Milk

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 these bacteria first change its taste and color; then cause the milk to sour or curdle. This process continues in the stomach, causing indigestion, in babies particularly.

In addition to the organism in the milk of healthy cows which causes the fermentation and putrefaction of the nutrients in milk, many diseased cows carry germs in the milk which produce very

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



Diphtheria Wiped Out

A marked decrease in the number of cases of diphtheria in the Prince Rupert area during the past two years has been one of the most gratifying results of the program of the Prince Rupert Health 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 immunization program.

In Prince Rupert no less than 77 per cent, and in Terrace, 86 per cent of the elementary and high school children have been immunized. Approximately 800 adults have been immunized, to say nothing of many children of pre-school age at the clinics for pre-school children.

The diphtheria situation on the north coast of British Columbia in recent years, might be summarized as follows:

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

In 1942, a total of 47 cases or 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 duration.

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, carriers or people who have recovered from infectious diseases, but still carry the germs in their bodies, 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 dysentery. There are also a number of food poisoners found in raw milk.

Dr. J. R. Fraser, dean of the McGill University medical faculty, states that possibly infantile paralysis is a milk-borne disease.

The communicable diseases mentioned also may be conveyed in the various fresh-milk products such as cream, ice cream, cheese, butter, and buttermilk.

Proper pasteurization of raw milk destroys disease germs.

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 been forgotten. The city corporation is now calling for tenders for a fine Pioneers' Home building in one of the best residential areas where these men will be able to spend their declining years in the ease and comfort which is their due.

A federal priority has been received authorizing the city to build up to a value of \$18,000. Financing has been achieved as a result of a public subscription campaign, in which the citizens amply demonstrated their sympathy 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 the point where beautiful Metlakatla Passage runs off to the west

FRED SCADDEN
PAINTER
and
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
THIRD AVENUE AT FIFTH STREET
PHONE 23

Variety . . .
is the Spice of Life
—★—
Enjoy life to the full . . .
Be Healthy, Wealthy and Wise
and shop often
at the
VARIETY STORE
Third Avenue

You'll get it at
FRASER AND PAYNE'S
if you can get it anywhere . . .
Men's and Women's Clothes
Quality Drygoods
3rd Ave. at 6th St. Phone 376

PRINCE RUPERT FISHERMEN'S CO-OPERATIVE ASSOCIATION
Dealers in
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Headquarters for . . .
Sporting Goods and Supplies
It PAYS to PLAY and HEALTH results

KAIEN HARDWARE
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J. H. MAIR
Auctioneer and Appraiser
WE CARRY A LARGE STOCK OF NEW AND USED FURNITURE AND HOUSEHOLD MERCHANDISE OF ALL KINDS
See us for your Home Furnishings
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THOMPSON HARDWARE Company
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GAS — OIL — REPAIRS AND ACCESSORIES

ALBERT & McCAFFERY LIMITED
Coal
Builders' Supplies
Phones 116 - 117 Prince Rupert, B.C.

Syphilis and Gonorrhoea -- Next Great Plagues to Go!

SYPHILIS, GONORRHEA STALK THROUGHOUT NATION AT WAR

Col. Dr. D. H. Williams, Division of Venereal Disease Control, Department of Pensions and National Health

From an address to the Health Conference held on Nov. 25, 1943, under auspices of the Health League

Problem of venereal disease is a major Canadian national problem. From Atlantic to the dark mesh of syphilis and gonorrhoea is spread all over our communities. We know it. The nature of venereal disease is such that people do not know it. But we want to know it. There is a great deal of it, and the incidence of venereal disease in Canada today is such that very few of us do not rub our eyes very closely with this disease and with the people who are suffering from venereal disease.

As far as Canada is concerned, consists of two diseases—syphilis and gonorrhoea. They are exceedingly common.

Conservatively, we have estimated that there are today, at present, 200,000 people, at least in Canada, with syphilis. They look well and feel well, but they have syphilis and they don't know it.

Of these 200,000 people that have syphilis at this moment in time and don't know it, 30,000 are going to die of syphilis. They will be suddenly taken from their homes in middle age, many of whom will be winners, because most of them will be men, and the Government will pay the widows' allowances and look after their children. It is a very serious national problem.

Can people tell if they have syphilis? The only one way—thorough medical examination and

GROCERIES — FRESH MEATS
Provisions — Poultry
Feed, Hay and Fertilizer

SUNRISE COMPANY LIMITED

For Service and Better Values
PHONE 26 or 27

CORNER SIXTH AVE. and FULTON ST.
Prince Rupert, B.C.

EAT HERE TO BE
HEALTHY

The Oyster Bar
First Class Certificate

PHONE 306
445 Third Avenue West — Prince Rupert, B.C.

Prompt and Careful Attention Given
STEAMSHIPS, CANNERIES AND RESTAURANTS

RUPERT BAKERY LTD.
BREAD AND PASTRY MAKERS OF HIGHEST QUALITY

P.O. Box 521 Phone 643
3rd Avenue — Prince Rupert, B.C.

PEOPLE MUST ASSIST IN V. D. CONTROL

TORONTO, March 31—Emphasizing that venereal disease is not merely a local problem, but a national one, the Health League of Canada has distributed widely throughout Canada a pamphlet entitled "The Social Hygiene Voice"—a call to citizens to play their part in the control of venereal disease.

The "Voice" says that V.D., in fact, is an international problem. "Your home, your community, may be free of syphilis; yet a 'carrier' may bring it from afar—into your town, to your very doorstep," the pamphlet declares.

This serves to emphasize the general contention of the Health League that health is not a provincial problem only, but that national thinking is needed where disease is concerned.

The pamphlet is designed to draw attention of all Canadians to the fact that despite all the efforts put into nationwide anti-V.D. campaigns during the past year, venereal diseases are as serious a problem today as ever. And, this situation is aggravated by the added threat of a post-war epidemic of these diseases.

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 diseases—and 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 Moral.

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 gonorrhoea.
2. Adequate diagnostic and treatment facilities for all persons suffering from venereal disease.
3. The suppression of quackery and charlatanism 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 disease.

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

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"Front Against V.D."

DISCOVERY, TREATMENT 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 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 and other less obvious places of facilitation. This problem is best outlined in the words of Dr. W. Clarke, executive director of the American Social Hygiene Association, in urging that people be educated to the problems created by prostitution: "They must feel sure that prostitution cannot be made safe and sanitary; that it spreads disease; that it corrupts the morals of young people; breaks up families; demoralizes public officials; provides a haven for petty criminals; and is constantly associated with inebriety and drug addiction. In short, if citizens are sure that there is nothing good about prostitution and that it is entirely undesirable, they will favor its suppression, both during and after the war."

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 supervision.

ELDERLY MEN'S HOME (Continued from Page 3)

stage points where the glorious Prince Rupert sunsets may be witnessed in all their colorful splendor. In short, no happier selection of site could have been made.

The Home, measuring 87 by 49 feet, and of a storey-and-a-half size, will have comfortable accommodation for 16 persons, in three dormitories—one with capacity for six, and two holding four, in addition to a two-bed sick bay. There will also be dining room and kitchen, as well as living quarters for the attendant and storage space.

Bids for the Home are returnable April 20. Townley and Matheson of Vancouver are the architects.

V.D. NEED NOT EXIST IN CANADA

Can venereal disease be more than controlled? Can it be wiped out? Yes, other countries have done it by taking strong measures and by proper, dignified adult and youth education. Sweden has brought syphilis and gonorrhoea almost to the vanishing point within her borders. Russia has wiped it out almost completely. Yes, Canada can wipe it out. But it needs the help of you and your family.

A branch venereal disease clinic of the Provincial Board of Health, Division of Venereal Disease Control is maintained at the Prince Rupert Health Unit. A total of 194 persons were admitted to the clinic for observation, 72 were discharged non-venereal; 36 were admitted to the syphilis clinic, and 86 were admitted to the gonorrhoea clinic. A total of 1,071 syphilis and 117 gonorrhoea treatments were given.

Tuberculosis—what to do about it. Stay away from known spreaders of TB germs. This is the best way to avoid infection. Beware of people who cough and spit. Live a well regulated life. Eat properly, get enough rest, avoid excesses. This helps to build and maintain resistance.

Only a physician is qualified to diagnose or treat a venereal infection. The "Quack" who tries to diagnose, treat or cure syphilis or gonorrhoea does so illegally and with complete disregard for the welfare of his "patient".

Aids to health—adequate sleep and rest, outdoor exercise each day, mental relaxation, regular elimination, and periodic check-ups by your physician and dentist.

UNABATED BATTLE WAGED AGAINST 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 assistance has been sought. But it is an uphill fight.

Let's take a look at the figures for Prince Rupert—the town you live in—for example:

In 1944, syphilis and gonorrhoea topped the civilian list of reported communicable diseases. There were approximately one-fifth more venereal diseases reported than all other communicable diseases combined, including tuberculosis. Private physicians treated 57 cases of gonorrhoea and the Health Unit V.D. clinic took care of 86. Of this 143, 60 per cent were persons of the white race.

DEPARTMENTS SEEK TO END RAT MENACE

As far back as civilization can be traced, the human being has always been molested with the rodent pest. Governments throughout the world are constantly studying, through their scientific research and health departments, means to exterminate the Real Public Enemy. It is estimated that there are two rats for every human being in this country. In order to live, each rat must consume at least \$2.00 worth of food material a year, and yet this estimate does not take into consideration the more important fact that the rat, being destructive by nature, will cause many times more damage to merchandise than the value of food he consumes.

But, more vital than the monetary loss, is the fact that science has traced and definitely proven that some of our worst plagues and diseases have either originated with, or are being carried by, or transmitted through, the rat. Being carriers or transmitters of disease, they contaminate food and water supplies.

To cope with the situation in Prince Rupert, your local health department has drawn up plans for an extensive educational campaign on rat control and extermination. Special approved rat poison has been purchased and suitably packaged for individual public use. Printed leaflets on the use of poisons, trapping and rat-

proofing of buildings, are being prepared to commence the campaign soon.

The department appeals for co-operation of all concerned in reducing the rat population, by proper disposal of refuse and rat proofing buildings, thus destroying harborages and feeding places.

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