THE
FLESHERTON ADVANCE

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MUNICIPAL ELECTIONS.

Readers in the municipalities of Flesherton and Artemesia should bear in mind that the election of municipal representatives for the year 1930 has been advanced one month.

For Flesherton the nominations for Reeve and councillors will be held on Monday next at 7 p.m., the nomination of school trustees taking place at the same time.

The nominations for Reeve, Deputy Reeve and councillors for Artemesia township are to be made in the town hall, Flesherton, on Monday next between 1 and 2 p.m.

The usual speechifying will no doubt take place at both gatherings, and we would not be surprised if there would be some "heckling." But so far there has been very little talk regardling election prospects. Nomination day will reveal how many of the seats are to be contested, or whe- e been

EDITORIAL NOTES

Those on doubt about advertising should remember that the unknown never wins.

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"Life" points out that when prosperity comes in at the door, a radio screams out of the window. Some people do not even wait for prosperity.

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Eighty per cent of the business in London are run by men who are not Englishmen. Still London continues to be the metropolis that Englishmen are proud of.

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Two very precious things are time and health, yet how many people throw away one and abuse the other.

A hunter advises that when big game is photographed the animal should be supported by a man with a rifle. . It is of course useless to ask the moose to "look as the pretty birdie."

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The Ottawa Journal volunteers the information that the liquor vote in Nova Scotia reminded it of 'the old Scotch verdict:guilty but not proven." There never was any such verdict; the Scottish law provides for three verdicts, in the choice of the jury: in the case of the last named verdict "guilty," not guilty or not proven," it is implied that the prosecution have failed entirely to sustain the accusation, and that is open to them to re-try the case, should new evidence come to light. Very seldom however, is there re-trial of a case under such circumstances.

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Weather prophet Bowes of Chatsworth, now in his 73rd year, and a ripe prognosticator, tells us that winter will set in about the 27th inst.; that we will have a real hard winter and that Christmas will be one of the coldest in years. On the other hand, the Toronto chap who issues the daily weather forecasts, is skeptical of the Chatsworth seer's declarations, and he declares that Prophet Bowes is more often wrong than right. So you can pay your money and take your choice. Meanwhile, it will be all right to overhaul the old sleigh, get out the old snow shovel, overhaul the cracks around the windows and be prepared for the worst. We never fail to have our fair share of the season's sold.

Health Service
- of the -
CANADIAN MED. ASSOC.

INSOMNIA

Inability to sleep is insomnia. This is a symptom which occurs in some diseases but in health it is chiefly a habit due to conditions which can be corrected.

Falling asleep is a habit. One is much more likely to go to sleep easily if there is a regular hour to go to bed. Enough physical work or exercise should be taken during the day so that the body is physically tired at bed time. Over-fatigue however, tends to disturb sleep.

Insomnia is caused, in many cases, by the individual's worrying about not being able to sleep. There is no reason for worry. Lying quietly in bed even if not asleep, is rest, and if worry about not sleeping is banished from the mind, sleep will come all the sooner. Those who suffer from insomnia very often sleep much more than think they do. They are worried and certain that they had not an hour's sleep, that they had heard the clock strike every hour, bnt, in fact, it will be found that they slept a fair amount.

No one should worry about inability to sleep, as we have said, and any deliberate effort to put one's self to sleep will most likely have the opposite effect. There are however certain things whch may be done and which have been found to be helpful in many cases.

A walk during the evening, a warm bath, a warm drink, unless it causes bladder action through the night, are helpful to many. The bedroom should be well ventilated and cool, or the bed should be on a porch. The bed should be firm and comfortable, the pillow low. Usual or monotonous sounds, or lack of sound tend to promote sleep.

A person sleeps best when the stomach is practically empty. A heavy meal may cause sleepiness for a time, but it disturbs rest later. Those who are sensitive to caffein should avoid the use of tea or coffee. Reading an unexciting book is a good way to divert the mind frim worry and it is a helpful routine for many to read such a book for ten minutes or so after getting into bed. Slow deep breathing is for others a simple way to go quietly to sleep.

We would repeat that the greatest cause of insomnia is worry about not being able to sleep. When that worry is banished from the mind sleep usually comes.

Questions concerning Health addressed to the Medical Association, 184 College Stree Torono will be answered personally by letter.

An Appraisal of Miss A. C. Macphail

The Nov 7 issue of The Beaver Canada First had most of its first page and then some devoted to a picture and appraisal of Miss Agnes Macphail M. P. Part of it is a long article by Arthur Hawkes, the well known writer.. From it we quote freely in order that it may not in this instance be said that a prophetess is not without honor save in her country and among her own kinsfolk.

Eight years ago the children of Sharon, a little place above New-Market in Ontario lost their school teacher who had become active in the United Farmers' movement She went to Ottawa as member of Parliament for her native South Grey.

Twice she has been re-elected by the farmers of one of those rural ridings which are more numerous in Canada than many city people suppose. In over seventy of the 235 Dominion constituencies there is not a town of three thousand people. South Grey is one of them. Only one-fourth of its population lives in towns and villages, the largest of which is Hanover which had 2784 people in 1921.

Yesterday's Sharon teacher and today's daughter of a county auctioneer, has become one of the famous women of the world, though millions of her fellow Canadians have not discerned her fame. Last summer in Prague, capital of old Bohemia and now chief seat of the republic of Czecho-Slovakia, she was elected to the council of the Women's International League of Peace and Freedom.

Thence she went to Geneva to represent her country at the annual Assembly of the League of Nations; and to sit on equal terms with eight Prime Ministers of their several nations, and Cabinet Ministers almost innumerable—a place in statesmanship which millions can desire and few may attain.

Miss Macphail was a member of the Disarmament Commission, the most important segment of the all-embracing League of which fifty-three nations are members. That is some advance from the schoolteachership of Sharon, and U. F. O. Clubs under the aegis of J. J Morrison—an advance dramatic enough; but, when you ponder it, a natural progress for the granddaughter of creative pioneers.

The pioneer spirit like wisdom is once more justified for its children. You do not have to agree with Agnes Macphail M. P.—the first Canadian woman member of the House of Commons—but unless your eyes are dim and your mind unperceiving, you exult in her eminence; and thank the Lord for an example in capacity, courage and character—each of these qualities as Canadian as our autumn glory, and our winter glow.

She was made our ambasador in world statesmanship by a Government of whose party she is not a member. She returned wearing a Geneva gown—not visible, but a garment of discernment, the meaning of which is worth trying to understand.

Some poeple do not like the forceful Agnes because she is against cadet training in the schools. The Government at Ottawa is spending more and more money on cadet training. Its leaders have, therefore, frowned on the member for South Grey when she has assailed cadet training. The opponents of cadet training may often exert their activity in the wrong direction — reformers frequently prejudice their case by over-emphasis. In this matter one has thought they have concentrated on the lesser obstacle to the larger peace.

But the Government which is in the League and which signs the Kellogg pact for outlawing war, and has undertaken to submit disputes to the World Court, would say that these things are more important to Canada's status among the nations than cadet training. When they send Agnes Macphail to represent Canada at the League Assembly they assert unmistakably that her advocacy of Peace is far more valuable to Canada than her opposition to the cadet appropriation. When she tells Parliament about this first advanture into the higher regions of international politics—where no Canadian woman, and not fifty women in the world's history have appeared—she will be as eagerly heard as she was in Toronto when the three hundred friends of Peace lunched in her honor and sat at her feet.

How long will it be before Agnes Macphail's adherent, tested, distinction is fully recognized in her native country. At the lunch was a visitor who has been in English public life for fifty years, has run for Parliament, and is an old friend of the British Prime Minister. "That woman," he said, after hearing the auctioneer's daughter and Sharon's teacher, "will go far."

She has indeed travelled far since in 1921 she appeared in Ottawa. She is rapidly acquiring the art of restraint in making her most effective points. Agnes MacPhail said never a word about her views on cadet training, or the criticism of her on that account. She paid a fine compact tribute to the outstanding statesmen at Geneva in September—Macdonald and Cecil of Britain, Briand of France, and Streseman of Germany. She described Briand's quiet, matchless oratory, and summarized its climax, which avowed the impossibility of getting rid of the mentality which causes people to rush into senseless wars, so long as the children of the nations are brought up to enjoy glamorous anticipations of war.

Miss MacPhail M. P. was too astute to say that Briand was unanswerably stating the case against dressing school boys in military scarlet furnishing them with guns and generally permeating their minds with the sort of thing that used to attract the yokel to the gaudy recruiting sergeant and the binding shilling of the king.

Confession is especially good for the political soul, which seldom admits that it has erred in judgment. There may be a larger courage than that of a member of Parliament admitting mistakes, but it is not easily found. A. MacPhail, M. P., has it, womanfully. For example, she had the exceeding grace to confess that her opposition to the increase of the $4,000 per session—it caused her to return the extra $1,500—was not far-sighted; for she did not at first appreciate what her parliamentary standing involved. She changed her attitude—which was not uncommon. rare indeed.

She used to discount the League of Nations. Seeing it close up, she enlarged her mind— and confessed the growth.

The Geneva gown, the versatile Agnes so becomingly wears, is trimmed with the Union Jack. She found the British statesmen, this year giving unaccustomed leadership to the Socialist Premier, who once worked in fields, and Lord Cecil, son of the Tory Premier, Lord Salisbury who said the farm laborer didn't want a vote but a circus. She was inside the fettered co-operation which now distinguishes the nations of the British Commonwealth. For the first time, apparently, she was proud to be a Britisher, without the faintest degree sacrificing her ardent devotion to Canada.

The difference between statesmanship and the sort of thing which has too often and too long passed for politics, is as unmistakable as the difference between faith and credulity. It is indeed the difference between Agnes Macphail, M.P., and dozens of back-benchers one could name. That this precious quality resides so eminently in the pioneer's descendant who was teaching school near Lake Simcoe a few years ago is of precious omen for the service rendered for Canada by her daughters and mothers in every corner of the land.

As a result of police investigation in reference to the alleged proposed hold-up of Dundalk banks, which was supposed to have been planned in Toronto, Wesley Wiltshire of Proton was discharged from custody when he appeared in the Police Court in Owen Sound on Thursday. A similar discharge was granted to Wilfred Beamish, of Melancthon, In the court at Kitchener on Saturday, where he was held on a like accusation.

An Unfair Levy

Grey county municipalities will be called upon to pay $753.65 for the revision of the voters' list used in the recent provincial election. Just why the municipalities of the province should have to pay the cost of preparing a list for provincial elections is not very clear to us. They already supply the nucleus of the list in the form of municipal voters' lists, and the province should pay for the revision of this list, and not pass the cost on to the municipalities.—Hanover Post.

ADVANCE ADVTS. PAY

Kennedy's Grocery
Men,s Wear

Grocery Specials for This Week

3 Boxes Matches ..... 25c.
2 pounds Seedless Raisins ..... 25c.
3 pkgs. Handy Ammonia ..... 25c.
2 tins Peas ..... 25c.
Try our Fresh Ground Coffee also our 65c. Tea
O'Canada Flour, per bag $4.40

Winter Overcoats

WE HAVE A FULL LINE OF NEW WINTER OVERCOATS, FASHIONABLY TAILORED FROM IMPORTED CLOTHS—ENGLISH AND SCOTCH FABRICS

W. G. KENNEDY
Phone 37 We deliver in town.

Which Way Will Please YOU?

¶ A definite plan must be adhered to in any business to prevent confusion. It is sometimes difficult to discover. For instance:

¶ There are two courses open to a publisher if no word of any description has been received by the date of expiry—only two. One is to stop the paper, the other is to send it until cancelled.

¶ We have found that the majority of people who had neglected, for a week or so, the payment were deeply offended when the paper was stopped, for after all the local paper is part of the family life, isn't it?

¶So we have adopted the policy of sending the paper until requested to discontinue.

¶ Watch the label on your paper. It bears the date on which your subscription expires, and if it slips your memory act promptly when you receive notice that it is due—Paying up to date is always a big help to producing a good newspaper.

¶ How is your subscription right now to

THE ADVANCE

"Look at The Label"

SPECIAL
RE-OPENING
Services
St. John's United Church
FLESHERTON

SUN., NOVEMBER 24
Preacher: REV. JAS. PEDLEY, B.A.
Ex-Pres. of Toronto Conference and former leader of Congregationalism in Canada
Services 11 a.m. and 7 p.m.

SUNDAY, DECEMBER 1st
Preacher: REV. J. C. ROBERTSON, D.D.
Sec. of Board of Sunday Schools and Young Peoples Societies.
Services 11 a.m., 3 p.m. and 7 p.m.
RE-OPENING OF SUNDAY SCHOOL AT 3 P.M.

The Public is Cordially Invited to Attend the Services