

THE ACTON FREE PRESS is published every Thursday morning at the Press Room Building, Mill Street, Acton, Ontario. The subscription price is \$1.50 per year in advance. Postage is charged additional to office in the United States. The date to which subscriptions are paid is indicated on the address label.

ADVERTISING RATES—Transient advertisements, 15 cents per line each measurement, for first insertion and 8 cents per line for each subsequent insertion. Contract display advertisements, for 100 inches or more, per annum, 10 cents per inch each insertion. Advertisements without specific directions will be inserted bill for bill and charged accordingly.

H. F. KOOPER, Editor and Publisher

TELEPHONE: Editorial and Business Office - 114 Residence

The Little Old Lady of the Tenement

By Grace Bostler Sanders

GRANDFATHER AND I sometimes, before the lights are lit, sit in the kitchen and watch each other do nothing but sit and stare at each other. I don't know what he is thinking about when he looks at me. I don't know what I am thinking about when I look at him. I don't know what he is thinking about when he looks at me. I don't know what I am thinking about when I look at him.

ONE OF THE things I often watched the little old lady do when she was sitting in her room was to look out of the window. She would sit there for hours, looking out at the street and the houses across the way. I don't know what she was thinking about when she did this.

THE SUMMER passed quickly. What with the hot sun and the hot wind, it seemed as if it had been a long time. The little old lady was still sitting in her room, looking out of the window. I don't know what she was thinking about when she did this.

LEGISLATIVE action is being taken by most of the governments of the allies to exclude undesirable aliens. In the British House of Commons the other day Edward Shortt, home secretary, stated that a bill dealing with the deportation and exclusion of undesirable aliens would be introduced. If it were true that over 20,000 enemy aliens are at present gathered at Rotterdam with a view to returning to England as soon as peace is signed, his proposal seems adequate powers of excluding aliens would be used.

LEGISLATION to be introduced this session by Hon. Dr. Coody, Minister of Education, provides for government financial assistance where consolidated schools are decided upon. This assistance takes the form of bearing part of the expenditure required in the erection of school buildings, where schools are consolidated. The problem of school buildings is one of the most serious ones to be faced in connection with the consolidation of schools, since many of the school sections in the province have existing schoolhouses which are in fairly good shape and local school boards will not be disposed to undertake new structures and scrap their present buildings.

NOW THAT the County Council has contracted the completion of the Tansley Bridge it is sincerely hoped by the ratepayers of the County that a halt will be called. The extravagance of the past few years have placed Hinton in a very unenviable position financially. Our debt to the bank is said to be higher per rate than that of any other county in Ontario. The headlong hurry to engage in enterprises entailing large expenditures the past half dozen years or so has surprised and annoyed thoughtful residents. This Tansley Bridge at an aggregate of \$10,000 by its terms is completed. When the matter of a new bridge was first proposed by Nelson Township representatives it was clearly shown by expert engineers that an expenditure of \$3,000 to \$4,000 would put the old bridge in safe condition and that the bridge would serve all the traffic of the road satisfactorily for ten years at least. Nevertheless, in the face of the engineers' report, this enormous unnecessary expense has been added upon the people of the county. Surely the time has come to inaugurate a policy of retrenchment and economy.

ALCOHOL HAS A SPECIFIC AFFINITY FOR THE BRAIN-CENTRE

Toronto, March 19, 1919

"Drink flies to the brain," Sir Thomas Clouston says. "The first thing alcohol does in ninety-nine cases out of a hundred is to affect the mental working of the brain of the man who imbues it." Alcohol in the smallest amount, in fact, it strikes at the seat of self-government—the power to inhibit. Moderate drinking weakens self-control and excites the lower impulses and desires, while moderate drinking frees a man's passions from control and gives him the violence and just movement of every part of the body in directed by a brain centre containing the motor cells. The brain centres which control our organs of movement and our desires are as follows: viz. heart-centre, lung-centre, locomotion-centre, knowledge-centre, and inhibitory centres which control and control. This is the actual order of cell-development, the centres of inhibition in the brain are the last to develop. The brain issues the orders to the body. The wires are the nerve-fibres which run from the brain to every part of the body, carrying the orders to the body. The brain directs the body, the body obeys. Hence the supreme importance of a healthy brain in the conduct of life. Physical and mental well-being.

Alcohol is a brain poison, and when it reaches the brain it reaches the seat of the intellect. The alcohol reaches the brain through the blood vessels, widening the bore of the arteries and narrowing the bore of the veins. The result is that the blood is let into the tissues of the brain causing the flushed face that so often follows the taking of a glass of whiskey. The most effect on the brain cells. Certain substances have affinity for the different tissues and organs of the brain. The alcohol has the greatest affinity in a special way for alcohol. Its effect on them is intense, and directly on coming in contact with the cells, it first irritates or excites, and then paralyzes them.

Alcohol attacks all the brain centres in turn, speaking broadly, in the inverse order of their development. It first attacks the knowledge-centre, and then the locomotion-centre, and then the heart-centre, and finally the inhibitory centres. The result is that the brain becomes paralyzed, and the body is left to its own devices. The result is that the body is left to its own devices.

THE Malt River Valley, which, comparatively is a new country, annually produces thirty-five carloads of honey for shipment outside, besides great quantities for local markets. The bees are produced by the bees, also is valuable in the markets of the world. The two products are a source of great profit in the Valley, and many farmers are extensively into the industry, while others are satisfied with a few stands of bees, by which the family table is supplied with honey. The industry is not so exacting as to cause it to be hard labor, and a colony of bees, once established on the farm, there to stay, becoming a part of the daily routine—the Earth.

GERMAN IS OPTIONAL

Time-Table for Upper and Middle School Examinations

The time-table for the annual lower school department examinations has just been issued to the High School and Collegiate Institutes. Beginning for a course of vocal music. On the evening of the Queen's birthday concert will be given in the Church by the class, assisted by Toronto vocalists.

MARRIED

MCGILVER-LAYTON—In Guelph, on March 7, Alexander McGregor, Nassauway, to Bella, daughter of Mr. Andrew Layton.

LASHBY-ANDERSON—At the residence of the bride's mother, Acton, on Monday evening, March 20, Mr. Charles Lashby, eldest son of Joseph Lashby, to Rebecca, daughter of the late Benjamin Anderson.

DIED

MCCULLICH—In Acton, on Tuesday, March 21, Mary Morrow, wife of Joseph Morrow, aged 63 years and 11 months.

WHAT A BILL OF FARE!

A writer to the New York Herald suggests to those who begrudge the dog his scraps, often only the waste from the family table, that they consider the expense of such a menu as this provided daily for the New York Zoo:

"Every day," says an article before me, "a wagon takes over to the zoo a big assortment of fresh vegetables and fruit. Tiled on top are the boxes containing the day's supply of chickens, Guinea pigs, rats, mice and other choice bits are kept on hand, with 500 or 700 pounds of beef, 200 pounds of fish and 250 loaves of bread."

"In the list of food products every year raised on the farm and fed to the great army of animals and bird boarders housed in the park may be mentioned 1,000 chickens, one thousand rabbits and guinea, 800 barrels of beef, 1,200 barrels of carrots, 6,000 ears of corn, etc."

EVEN HORSES BENEFIT.

Who can doubt that national prohibition will mean an unexampled amount of suffering saved our domestic animals? Many a dead of cruelty, neglect, resulting in starvation and even death, has been due to drink—Dumb Animals.

Thousands of mothers can testify to the virtue of Mother Gray's Worm Expeller, because they know from experience how useful it is.

AN UNWARRANTED INTRUSION

The following story is actually true. A young teardrop, going across the desert from Los Angeles, met a man riding a horse. The man was riding a horse and the teardrop was riding a horse. The man was riding a horse and the teardrop was riding a horse.

STOP! LOOK! LISTEN!

Don't have wet feet and get a cold. Buy Huxley's and Huxley's to keep out the water. We have them. Also a fine stock of:

WOMEN'S FINE SHOES
WOMEN'S RUBBER BOOTS AND YOUTH BOOTS AND RUBBER MEN'S WORKING BOOTS
MEN'S LIGHT BOOTS
MEN'S RUBBER

Kenney Bros.

Main Street - Acton, Ont.

What COMFORT LYE

Comfort Lye is a very powerful cleanser. It is used for cleaning up the oldest and hardest dirt, grease, etc. Comfort Lye is the best for cleaning up the kitchen, sink, and stove, etc. Comfort Lye will do the hardest spring cleaning you've got.

Draw on Your Customers

through the Merchants Bank. With Branches in all parts of Canada, and correspondents abroad, this Bank is in a position to present Drafts promptly, have them accepted, and collect payment, with the least possible trouble and cost to you.

RED ROSE TEA is good tea

Sold only in sealed packages

New Machine Shop

FRED BLOW, Machinist

Is moving to the newly-arranged premises, the Ross Building, Alley on Main Street, where he will be prepared to handle all repairs of machinery promptly and satisfactorily.

You Just Try NR For That Indigestion

Get your organs of digestion, assimilation and elimination working in harmony and watch your trouble disappear. NR does it or money back.

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