

## The Action Free Press

THURSDAY, DECEMBER 29, 1921

### THE NEW YEAR

A many old man replied at the corner,  
"Last ring the bell and clear;  
The hour was midnight, and the time,  
The passing of the year.  
And as he tolled, the old man sang,  
And laughed beneath his breath;  
He laughed and moaned with glee, and  
"He tolled the bell of death."  
"Old man," said J. this whimsical  
mirth.  
"Hence wailly-ways of pleasure;  
A mellow sound in deep ear prayer  
Would mark a better grace."  
"The old year dies weighted down with  
sin.  
Weighed down with lives unspent,  
Come knock you down with me and  
Come join in my lament."  
"I mourn not for the past," said he;  
"I do not the old year out—  
I ring the New Year in."

### Why do you wish to mourn and groan?

"This year is not for tears;  
The star of hope shines steadfast, pure,  
Above the coming years."

"I laugh and sing for very joy,  
And not with unfeeling mirth,  
Grief, but for the dead—  
I celebrate a birth."

"Come turn your back upon the past;  
And bid your griefs begone;  
The night is dark but then, good sir,  
Joy cometh with the dawn."

### A NEW YEAR MEDITATION

I have conversed with men as to the time when they first realized that they were getting old, or at least, not as young as they used to be. Some have said that they noticed it change at 50 years, some at 65, and a few at 60, varying, I presume, according to the original strength of constitution, or perhaps the kind of life they had pursued. Some have said, "I could do as much work at 60 as at 40, only I wearied sooner," emphasizing the fact that our physical powers weaken with age, but not necessarily with the years, and at length we reach what is termed "old age." We are all on the road which leads there, and if we live long enough we will one day arrive at gray hairs and feeble limbs. Intermittent come, such as dyspepsia, loss of sight, memory or hearing, loss of one's grip, etc., on affairs, which the amateur thinks is an hereditary disease. Well, as the French say, "that depends." No rule can be made for all. It depends on his physique, his health and temperament, whether he is the type of a centenarian, while others are young at sixteen. Some get old too fast. They allow the years to run away with them, and by consulting the family record, and the like, they become frightened. With a proper care of their physical habits they might turn the years backward. Medical science and kindred arts have come to the rescue. By a better understanding of the human health the statistics of longevity have been changed. A physician recently informed me that dentistry, and a proper care of the teeth have given power of health to the body, and increased its resistance, thus not only added to the prolongation of life but to the appearance we well.

It may be concluded that age and old age have improved, which used to be strained by the old-fashioned tallow candle. Some diseases which were known by other names twenty years ago, and which did not exist, have now become common. By the use of the x-ray the human body, which was opaque, has been turned into a transparent one, and the human being able to do more work for longevity. But some of these benefits have been lessened, and in some cases frustrated by the rust and strain of the mind and body. The heightened religious hope, and a strengthened faith in God's providence, will prolong our days. Association of the old with the young operates to a great advantage. We can do so much good, as their companionship will confer on us a similar benefit. Let us not begrudge them their opportunity, but be willing to help them. Let us also act what, by those who are younger. We have had our day—now they must assume service and responsibility. When our knees get stiffened, we must be patient, and let the old ones go past us on the street and leave us a block behind. When our voices get cracked we must not snarl at those who can't sing. My father, who roamed the world, and came to Canada in the early days of this settlement. He lived the house opposite the entrance to Fairview Cemetery, where George Williams, his family, had built their home for a good many years. Mr. McIntosh was a brother of Mrs. Milne, the mother of Mrs. Hugh Cameron, Mrs. Andrew Hutton, and Mrs. James McLean. When Mr. and Mrs. Milne came from Acton from the Old Country, they made their home with Mr. and Mrs. McIntosh. In 1859, Mr. McIntosh was the contractor for the school and Hynday the carpenter who Joseph Adams did the plastering and Ransom Adams dug the well. The site for the school was purchased from Sidney Smith in 1859, and payment of \$162.75 was made on January 4, 1861. It was \$168.00. The purchase price of the original site was evidently \$255.87.

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