

Business Directory

MEDICAL
DR. J. A. MCVENIN
Physician and Surgeon
Office and Residence—Corner Flower
Avenue and King Street, The
... formerly occupied by D. M. Heas-
derson, Acton, Ont.

DR. E. J. NELSON
Physician Surgeon Ophthalmic
Acton, Ontario
Successor to the late Dr. Gray.
Office and Residence—Frederick St.
Office Hours—3 to 4 p. m. and 7 to
8 p. m.

DR. W. S. LAIRD
OF GUELPH
10 Woodrich Street
Eye, Ear, Nose and Throat

LEGAL
Phone No. 23 P. O. Box 328
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Barrister, Solicitor, Notary Public,
Conveyancer, Etc.

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MONEY TO LOAN
Hours—8.30 a.m. to 5 p.m.
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Georgetown, Ont.

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Printed at Free Press Office, Acton

TAKE TIME FOR HEALTH
If the average girl should spare as much time for striving for health as she does in the effort to look well, clear and buoyant might many a man take the place of the man of despair. How often a girl will deprecate with a sigh, "I don't know what, alas, I don't feel like anything, but I seem such an effort to do anything. That miserable run-down feeling which renders the best outfit of energy an ordeal is wrong with the engine. The cause of our ailments lies not in the mechanism is out of order. If he should be so, he might have a new car, or do without any. But many a girl drags on into womanhood, never feeling "fit" and continuing her way through life, only half alive.
A mother called anxiously after her daughter who was starting for school. "Amy, if you're not going to wear rubbers, you ought to put on your shoes!" she said. The girl looked very damp. "Amy called back, "Oh, mother, I haven't time." Frequently Amy does not have time to eat her breakfast. Her breakfast is a hurried affair through the door, the doctor recommends her to eat something that she takes more time over her food than any other member of the family.
Of course this is because she under- values health. She puts several other things before it. Looking attractive and having good time seem to her of far greater importance. But if she were wise enough to know it, both beauty and business are closely connected with health. A perfect digestion and proper bathing will do more to make the skin attractive than all the cosmetics ever invented. Plenty of sleep makes the difference between bright eyes and heavy ones. And as for enjoyment, a girl in good health need never worry about having a good time. It is the girl who is out of condition, to whom every little disappointment seems an overwhelming calamity, and in whom wholesome enjoyment is so likely to appear fitless.
If you love life seek health, not merely that you may live longer, but that you may live fully. If you have much time for that as you are ready to take to make yourself attractive, you are pretty sure to get not only health, but in addition happiness and charm.—Mabel P. Keystone.

FOR THE LOVE OF IT
Many young people have the idea that it is creditable to do what they do not like to do. Some girls pride themselves on doing certain household tasks in a satisfactory manner, even though they dislike the work. A girl who was complimented on having prepared an excellent dinner replied, "I'm glad you liked it. I do not like cooking, so I do my best, but it seems to me I would rather do anything else in the world."
Now there is no doubt that all of us must sometimes do what we would rather not do, and for that reason it is necessary to keep your mind in it. You make life a hell if you let the time you are struggling against your inclination. If your work is unwhimsical, sooner or later you will align it with the good things of life. If you do not align it, without any love for the right, temptation is bound to get too much for you.
If you want to do your work well, learn to love your work, and do it cheerfully. The sensible thing is to look for other work. Learn to do right for the love of right.

A VAST IMPROVEMENT
The Family Herald and Weekly Star of Montreal starts its fall and winter campaign for subscribers with a vastly improved paper over what previously looked like perfection. To those who have read that great weekly for years it would seem impossible to make improvements. Nevertheless the publishers seem determined regardless of cost to make the Family Herald better value than ever before. Every Department is being strengthened and new features added. In fact the Family Herald and Weekly Star during 1923 will be of such value that no Canadian home can afford to be without it.

HAVING PATIENCE WITH YOURSELF
In the olden days a young man was courting the daughter of a Quaker. This young woman's name was Patience. As the young man had to mount his horse one day the animal was very uneasy. Looking provoked, he gave the horse a shove out with the riding whip. Looking at him reproachfully the Quaker father said: "There should be patience! There should be patience!" Quick as a flash the young fellow replied: "If I will if I can get that horse!"
He waited patience for himself, but how about having patience with yourself? Possibly you studied long and faithfully, and all your lessons test proved a failure. "Have patience with yourself!" could an angel do more than her best? Education is often acquired painfully, as well as acquired slowly. Be sure that the path of the learner will have its share. "Why be discouraged, and say: 'No use!' Be patient; smile; try again!"
How about having patience with your progress in overcoming your failings—and by this I certainly do not mean outwitting, outdoing, or putting your faults?

PUSHING TO MAKE A PATH FOR OTHERS
To be a pusher does not mean that you are ready to shove other people out of the way. It does not mean being willing to knock down and walk over anybody ahead of you. Some of the most pushing people on earth, who have faced obstacles hard enough to dishearten nine out of ten of us, and have pushed their way through them, as the giant snowplow pushes through the heaped up drifts, are always ready to lend a hand to the next man who is in the same predicament. To be a pusher is not only for ourselves, but to and at the same time a helper, to make a path for others, is the splendid ideal for us all.

FRESH
The food at a certain military camp "somewhere in England," was of rather mixed quality. The orderly officer was going the rounds, and passed through the mess where "B" Company were at dinner. "Any complaints?" Thomas said at once. "What is it?" "The beef is bad, sir!" "Bad?" said the officer. "None! It's nothing of the sort. Why, man, do you know the Cryer who was at the camp? He and several would have been thankful to have that meat?" "Yes, sir," Private, Thomas. "But that was seventy years ago, and it might have been fresh then!"

AIRING THE INNER CHAMBERS
When we open our windows and let the fresh air into the rooms at night, it should suggest an equally important procedure, letting fresh air into the chambers of the heart. It is next to impossible to sleep in a chamber, and it is equally impossible to sleep unless the mind has been well ventilated. Let the fresh breezes blow away your thoughts over the mistakes you made during the day and your resentment of your employer's impatient speech. Fill the space with cheerful thoughts, pleasant memories and hopes for the morrow. A room full of fresh air, and in the chambers of the soul an atmosphere of cheerful tranquility, due to hopeful thoughts and feelings, is a most good assistance of untroubled sleep.

Value of the Factories to the Town
Alymer merchants are already beginning to feel the business effects of the closing down of the shoe factory, and the subsequent removal from town of many desirable citizens who were employees of the company. The distribution of more than \$1,000 a week from this source is a real loss.—Alymer Express. Acton is more fortunate with her shoe factory. It is running six days per week, and distributing upwards of \$1,000 per week for wages and salaries, a real benefit to the town.

Prohibition in Great Britain
Rev. J. Alfred Sharp, delegate from the Wesleyan Methodist Church of Great Britain, while addressing the Methodist General Conference in Toronto, declared that prohibition in England is not far distant. If it comes in the British Isles it will be because the industrial community has discovered that the percentage of efficiency of men who use intoxicating liquor is lower than the efficiency of abstainers. If Britain is going to compete with the United States she will of necessity ultimately have to adopt prohibition.—Alliston Herald.

Canada is Best Customer of United States
The position Canada is taking, at the head of the list of all countries doing business with the United States, must be gratifying to all Canadians. Trade statistics for the past month show that the United States sold more goods to Canada than to any other country and also bought more goods from the Dominion during the month. Canada ordinarily is second only to Great Britain in the volume of trade with that country. However, both exports and imports were a million dollars above those of the Old Country. This country is surely justifying her elevation to the status of nationhood.

Remembered War-time Activities
A visit to the Council Chamber last Friday afternoon, or to the church school rooms on previous days, revealed scenes of activity very similar to those of war-time days. The manner in which the ladies went to work in answer to the recurring appeals from the workers in the north in behalf of the fire sufferers, was gratifying indeed. When suffering humanity's needs are manifest the women of Acton can always be depended upon to do their part, willingly and generously. And numbers of the sterner sex gladly add their quota in time or means to further the worthy ends which are desired to be accomplished.

The United States is Satisfied
That the people of the United States of America are satisfied with their prohibitory law is the outstanding fact brought out by the poll conducted by "The Literary Digest." Over twelve million ballots were circulated; two million or so of these being sent to women; the others to men. The figures tabulated at the close of the poll show that 922,688 ballots had been returned. But beyond this, an analysis of the ballots cast shows a surprisingly small number who desire prohibition repealed. Only 189,856 of the total number of ballots returned, or 20 per cent., wanted the repeal of the prohibition amendment, and this minority is only .015 per cent. of the total number of ballots sent out.

Canada's Railway Problem Being Solved
With the naming of the new Board of Management of the Canadian National Railways, and the creation of the Canadian Northern and Grand Trunk systems into the Canadian National, the Government has solved one of its big problems apparently in a way which has given satisfaction to the majority of Canadians, if one may judge by the congratulatory messages and by the comment heard. On all sides it is being stated that the Government has appointed a good Board, and has secured one of the biggest available railroad men to head it. The promise of giving the National Railway system a chance of making good under proper business management has been carried out and the country is well pleased with the Government's action.

EDITORIAL NOTES
Canada occupies a proud place in the financial world to-day. Our money is worth more than that of any other country in the world—not excepting the United States.
World-wide Prohibition will be the topic in tens of thousands of Sunday Schools in Christendom next Sunday. The prohibition situation is a live problem wherever the Christian religion is taught and exemplified.
Now that the bulk of the season's work is completed the Municipal Council will have time to consider the form of celebration for 1923 by which to mark Acton's jubilee year—the 67th year since incorporation—this in 1873.
It is surely significant that two Canadian-born leaders now find themselves linked-up with the political leadership of Great Britain's destinies. Andrew Bonar Law and Lord Beaverbrook will be the leaders of the new British Government.

The post offices of Canada have been instructed not to accept United States money, either paper or silver. This seems rather unnecessary, but it is exactly what happened a year or two ago in the United States respecting Canadian currency.
The past year, the second of the prohibition regime, was the heaviest ever recorded in the United States, according to figures submitted by thirty-seven insurance companies transacting about 80 per cent of the life insurance business of the country.

Trotzky and Lenine are said to have more than \$100,000,000 in gold deposited in New York banks. The original idea of these gentlemen was that an earthly paradise could be established in Russia. On second thought they have made this road New York.—Toledo Blade.

Lloyd George resigned last week from the leadership of the coalition government of Great Britain. The thankless politicians whom he brought through so many storms during the war and the period of restoration, dropped him when they thought they could navigate without him as their pilot. The far-sighted little Welshman will be heard from soon again, however.

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H. P. MOORE, President and Editor, C. A. BELLEN, Manager and Assistant Editor.
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Residence of President 113

THURSDAY MORNING, OCTOBER 26, 1922

EDITORIAL
The Fire Tragedy of Northern Ontario
Northern Ontario's fire tragedy and the need of assistance to sufferers from the Federal Government has met with ready response at the hands of the Dominion Government as well as of the Ontario Government. People everywhere, churches, Red Cross Societies, and other organizations have been prompt and generous in their efforts at affording relief and much has been accomplished in relieving suffering and providing comforts.

Canada Growing in Self-Reliance
The past week has seen an important development in regard to Canada's negotiations with the United States Government for the extension and bringing up to date of the Rush-Bagot treaty, covering the naval strength which the two countries are to maintain on the Great Lakes. This development was the announcement by the British Government that in these negotiations Canada would be invited to act directly with the United States without the formality of going through the British Embassy.

Canada's Wheat Crop This Year is 88,000,000 Bushels Greater Than That of 1921
Statistics showing the volume of Canada's wheat crop of 1922 continue to reveal encouraging results. An average of 17.25 bushels per acre against 13 bushels per acre last year, gives an increase of 20 per cent. in volume over 1921. This brings the crop of this year to within five million bushels of the record crop of 1915. In all this there is great reason for thankfulness. Reports from the business centres showed marked improvement in trade, from all parts of the country.

A Worthy New Weekly Established
Few indeed are the new newspaper enterprises which have been initiated the past four or five years. With admirable temerity, however, Messrs. J. P. Jaffray & Son, of Galt, have launched The Galt Times, a weekly journal devoted to the city of Galt and district. The Times is a rather pretentious newspaper of twelve pages of the seven column form. Several elements unite to presage a successful career for the new paper. The publishers are experienced newspaper men with a life-long knowledge of the community; the paper is published in one of the most successful of the smaller cities of Canada; the advertising patronage bestowed is liberal and represents the bulk of Galt's business people, and the editor is a representative citizen and has always enjoyed the confidence of the community.

Why Laws Fail to be Fully Effective
Our laws break down because weak, spineless citizens will not uphold them. This is true in regard to the Ontario Temperance Act and other laws on our statute books. A persistent effort is being made by its opponents to bring the Ontario Temperance Act into disrepute, and these same citizens would be highly offended if they were plainly told that they were at the same kind of work for the upheaval of social and economic conditions as Lenin, Trotsky and Krasin of Russia. If the law breaks down in one respect it will break down in another. Last year the Province of Ontario paid \$75,000 for the salaries of special officers for the enforcement of the Motor Vehicles Act, and there is a terrible hullabaloo among a certain class of cognivers at the law when a constable informs on an autotest for not having the tail light on his auto lighted, or when he is fined for speeding.—Chesley Enterprise.

Canada's Policy Governing Immigration
Canada's Immigration Law, insofar as it affects the transportation companies, has been under review recently in conference between the Minister of Immigration, Hon. Chas. Stewart, and representatives of the railway and steamship companies. The companies, naturally, are urging that the immigration gates be opened wider in order that they may bring more people to Canada. They also asked that immigration again become a separate portfolio and that the regulations concerning the inspection of intending immigrants at European ports be relaxed. These suggestions are being taken under consideration by the Minister, and the transportation people will be called back into conference for their answer later. Canada wants desirable emigrants who will settle and become loyal Canadians. It is sincerely hoped, however, that the Government will not be persuaded by the transportation companies to admit undesirable, merely for the sake of affording revenues to the railway and steamship companies. There has been too much of that in the past for Canada's good.