

The Acton Free Press
Member Canadian Weekly Newspaper
Member Selected Town Weeklies of Ontario

THE ACTON FREE PRESS is published every Thursday morning at the Press Press Building, Mill Street, Acton, Ontario. The subscription price is \$2.00 per year in advance. Postage is charged additional to office in the United States. The date to which subscriptions are held is indicated on the address label.

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H. F. MOORE, President and Editor.
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TELEPHONE—
Editorial and Business Office
Residence of President

THURSDAY MORNING, SEPTEMBER 6, 1923

EDITORIAL

Emphatic Words by Late President Harding
In one of his last speeches to American citizens, if not the very last, the late President Harding said: Prohibition is a good thing for this country. The country is going to realize that more and more with the passing of time. It will realize it all the more quickly if the people who are defying prohibition, because they are able to get liquor, will stop doing that and obey the law. When we finally get 100 per cent prohibition, in America, as we will eventually, it will prove to have been one of the most potent agencies in our history for raising the moral and spiritual standard of our people."

Take Time to be Careful
The introductory statement of the annual report of the Ontario Safety League is worthy of being passed on to wider circulation. It says: "Every year this country sees the loss of hundreds of lives due to accidents and fires. In addition to the fatalities there are tens of thousands of non-fatal accidents, many of them serious and many of a minor nature. It does not take long to be careful. It does not take much thought or effort to avoid most accidents. Safety does mean something to every member of the community and safety is a habit that has never hurt anyone yet. Organized safety work has been carried on for ten years in this country and the results are well worth while. There are still far too many accidents and each of us can do his share to cut down this awful toll. Let's all try."

Rushing Too Fast
Speed seems to-day to enter into many undertakings where it is not warranted, and where systematic and not spasmodic work is much more profitable and satisfactory. In an address before an assembly of young people, the other day, a well-known jurist made this statement: "One of the gravest dangers that face our boys and girls is that of speed—rushing too fast, making too much haste, always being in a hurry. We speak truly when we call this a 'speed-mad' age. For it is exactly that." Every week new records for speed are being made by daring and intrepid sirmen, or by equally daring drivers of high-powered motor cars. To cover long distances in a brief space of time, and to lower records already made, is for many the height of accomplishment. Speed has its value in the world's progress, but only in such instances as it increases efficiency. It may be well for us to 'speed up' our efforts, but not to such an extent as to lower our efficiency. If we will observe closely, we will find that the persons who get the most work done within a limited time, do not hurry. They are careful, methodical, systematic. No matter what our work may be—whether on the farm, in the store, in the school room, church, or kitchen, we can accomplish the most, not by spasmodic rushing and hurrying, but by careful, painstaking effort. The slipshod worker may seem to be doing things very fast, but results alone gauge his accomplishments. To work systematically, and at the same time, efficiently, is the true mark of ability.

Cultivate the Habit of Sending in the News
For years THE FREE PRESS has conscientiously aimed to put Acton on the map and keep it there, by reporting all the legitimate items of news that could possibly gather, exploiting Acton's best interests before the reading public. Frequently, however, it has occurred that items of real value to the community have failed to appear, because they did not come under our observation, and those interested did not forward particulars to this office. One of the things which ought to become a fixed habit in every household in the community of which Acton is the centre is that of sending to THE FREE PRESS the items of real news which occur from week to week. Give us the neighborhood items which are of interest to yourself, your neighbors, or your friends. Every church, every lodge, every municipal or social organization should have some representative, properly appointed, who will look promptly and carefully after its news, which are desirable to be given to the public. Sometimes an organization is liable to think some kindred society has better news service than it is given. This is most probably because that other organization looks after such matters promptly and regularly. Write your items and send them in, or phone them to this office. Two factors are absolutely necessary to accomplish desired ends: 1. Be prompt in sending news, and 2. Be sure of facts. Never forward an item unless the facts recited are authenticated. If the residents of this community will cooperate with this journal in the matter of news THE FREE PRESS will become more and more interesting to all concerned, and this section will come into prominence at an increasing ratio.

A Question Which Must be Settled
European peoples are thinking seriously these days. Economic problems are demanding careful study and thoughtful conclusions. The waste of the liquor traffic is forcing consideration. Bulgarian students abroad, numbering 40,000 to 50,000, have organized, with headquarters at Heidelberg, the Neutral Anti-Alcoholic League. It aims to combine all the student bodies at home and abroad in its work against alcohol. One of its purposes is to publish a magazine in the Bulgarian, the German and the French languages, with articles by German and other foreign professors and students of science, showing the harmful effects of strong drink.

Fewer Examinations in Public Schools
On Children's Day at the Toronto Exhibition Premier Ferguson, who is now acting as Minister of Education, was the speaker of the day at the directors' luncheon. With timely consideration he made the subject of primary education in the Province the theme of his address. In his remarks he made an announcement most welcome to the juvenile guests of the Exhibition for the day. This was to the effect that primary education in Ontario is to be made less burdensome, and that Public School pupils are to be delivered from the affliction of the standardized examination. A re-organization of the Education Department, of which he is head, is to be brought about for facilitating these and other desirable changes. It is felt that great changes in the methods and objects of education, as conducted in our schools in recent years, must be made if the Province is not to lag behind the world movement for educational reform. This is one of the most hopeful signs of the present time. In that movement are enlisted many men and women of experience in educational work who have studied the child-mind, and have looked searching into the needs of society. The Premier's announcement is a message of cheer to the young folks. If they are guided in the way shown by the reformers who are holding up the lamp to our teachers, the children's lot in the school room will be far happier, and their usefulness in life, both for themselves and their country, will be far greater.

Canada, from a United States Standpoint
With the very self-evident intention of promoting international understanding and goodwill, the Youth's Companion, of Boston, Mass., published a leader on its editorial page in a current issue entitled "Canada," as follows: "Americans may well extend to the people across the northern frontier their heartiest congratulations on the healthy expansion of their country. There is and can be no jealousy in our hearts, for in the prosperity of the Dominion there is nothing for us but benefit. It is real prosperity of the sort that in the forties and fifties was making the United States great. The country is filling up with immigrants of the best class, such as were then coming in swarms to the United States. The population is moving west and taking up land. The new Canada already furnishes much of the wheat on which the Old World depends. Manufacturing 'too' is doing for Canada what it did for us a half century or more ago. The transportation lines of the Dominion are already magnificent and are steadily improving. No other railway project was ever more daring than the building of a line through the wilderness almost, at the northern limit of possible human habitation, to the shores of Hudson Bay, to open for a few months of the year the shortest route from the grain-fields of the West to European markets. Canada is under free institutions—self-governed and well-governed. It has bred a body of public men of ability and high character. Americans may not appreciate the worldly wisdom that leads Canadians to cling to the British connection; but they can appreciate the sentiment behind their willingness to forgo the last rights of complete sovereignty in their pride as a part of the British Empire, for there is now no material benefit for them in the connection. Once the statesmen of the Dominion might have regarded separating from the Empire as sacrificing protection that they needed. Now, if any duty remains, it rests on Canada to help England. The child looks naturally to shelter and protection at the hands of a parent; when it is grown up filial affection holds it true to its allegiance. History can be searched in vain for a parallel to the relations, physical and political, between Canada and the United States. There has never been another such stretch of unguarded boundary between two countries, never two peoples living side by side for so long a period in entire harmony and good feeling. It is all the more remarkable when we consider that the two peoples are almost absolutely alike in everything except that one of them cherishes a sentimental allegiance to the British crown. A stranger alighting from the air in a town in New York or Ontario would need to inquire in which country he was; for the houses, the people and the modes of life are identical."

EDITORIAL NOTES
The Ontario Government is to be commended in providing for the free use of insulin to people who cannot afford to pay for such treatment. The patient must present a certificate from the physician, stating that he or she is unable to pay. This brings a valuable and most recent medical discovery within the reach of all.
The "Wets" made much ado over the repeal of the prohibition enforcement law in the New York State, but they have nothing to say about additional enforcement laws passed by Illinois, Indiana, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Ohio, Oklahoma, Texas and Wisconsin at the last session of their respective Legislatures.
The Canadian Echo, of Warton, which has been under the very competent editorial and business management of Mr. A. Logan, for twenty years, has been sold to Mr. E. A. Dupeon, of Toronto. Mr. Logan returns to the Ottawa valley, his boyhood home, having purchased the "Pembroke Standard." He is an able newspaper man and has brought the Warton paper up to a high state of efficiency.
Ex-Premier Drury is not the only one who thinks that a "clique" is in charge of the U. F. O. organization. John C. Ross, who was editor of the Farmers' Sun for a considerable time, and was thus in a position to see what was going on, supports Mr. Drury's contention. Writing in the Ottawa Reformer, of which he is now editor, he says: "Mr. Drury is absolutely right, and had he possessed the courage to have made those statements three months ago, he would probably be Premier of the Province to-day."

Neighborhood News--Town and Country

BURLINGTON
Mrs. A. Hipkin, of Buffalo, N. Y., is visiting her mother, Mrs. Harold Kurta, New Street.

Mr. and Mrs. J. McLeod, of Hammar, North Dakota, and Mrs. Leger, of Hamilton, spent last week with Mr. and Mrs. Cheatey Peart, Locust Street.

Mr. and Mrs. E. D. Hanson and daughter, Edward, and Mrs. Hanson, returned home on Monday morning after spending a week's vacation at the home of Mrs. E. Joseph, sister of Mrs. Hanson.

On Wednesday last the joint Masonic picnic of Burlington and Westdown Masonic Lodges was held at Dundas driving park. The weather was a little cool, but was very pleasant in the park, which is located in the valley.

The field day apris held at the Grand Military Hospital on Tuesday afternoon was a splendid success. At 8 o'clock 328 patients, staff and friends sat down to a splendid supper which was partaken of most heartily by the happy gathering.—Gazette.

OAKVILLE
The Trafalgar Utilities Commission will soon be furnishing light to the residents of the township within the district surrounding Oakville.

The district east of Oakville is all agog over the agitation to secure a system of waterworks which will supply all the noble residences in the district with the purest of water and at high pressure.

Commenting next Sunday the Presbyterian Sunday School will meet at 2 p. m. instead of in the morning.

Miss Litchfield, local manager of the Dominion Store, accompanied by her wife and little daughter, left on Sunday evening for a two weeks' holiday in Muskoka.

As usual on Friday, September 14, there will be a grand parade of school children, led by the band, to the Oakville Fair. Every child will be given a souvenir and all scholars in the parade will be admitted free.

The many Oakville friends of Robert Lind were greatly shocked to learn of his sudden death which took place in Toronto last Friday, shortly after he had motored in from Oakville, as was his daily custom. He was 51 years of age.

A pretty wedding took place in St. Andrew's Church on Monday morning, August 27, when the young daughter of Mr. and Mrs. J. J. McDermott, was married to Benjamin Langstaff, of Hamilton. Rev. Father Savary officiated.

After the hour of the evening services last Sunday a great crowd of citizens and many visitors gathered in George Square to hear our excellent band in a programme of high class music to the day. Probably many in the audience came to see the men in their uniforms as well as the music. The band was presented quite an imposing appearance.—Record.

GEORGETOWN
Mr. H. G. Clark left on Saturday for Montreal, going to Sherbrooke, where he is judge of cattle at Quebec Provincial Exhibition.

Mr. Alex. Hawes and daughter, Miss Edna Hawes, of Hamilton, visited at Mr. Wm. Gault's last week.

"FRIENDS" TO AVOID

An old Foreign proverb runs, "Think twice before you make an enemy, and thrice before you make a friend." True—even if we think that "twice" and "thrice" should be transposed. As a matter of fact, however, they are in their right places.

Most of us have experienced a thousand miles away—permanently! There's the painfully "candid friend," for a start. He—or she—tells us of our faults, our defects, our short-comings, and riles in hard all the things we know but would like to forget.

Or when a new hat appears—"My dear, I know you don't mind what I say, but it doesn't suit you a bit! It would be all right for a girl of sixteen, but..."

Had I my time over again I would never have one of those candid friends. I've searched my memory, and cannot remember when candid praise was given to me. It is always criticism. "Candid friends are life-spoilers. Keep them out of your life."

Then there's the easily offended friend. Never have a friend of this type. If you have any, note the first opportunity of letting them go out of your life. They will age you, worry you, and make a slave of you if they remain. You will always be apologizing, begging their pardons. Your soul will hardly be your own, for you will never be free to do what you like. They might be "offended!"

They are tyrants, and their tyranny grows worse the more you tender to their "touchiness." Get rid of them! Buy—as I did—a new hat, and tell them nothing about it. They are sure to be "offended" and then let them remain so.

Finally, there's the "friend" who uses you when their real friend isn't available. "Use" is the right word! You are in reserve—to be used as required. That type should be barred too. Choose your friends carefully.

STITCH IN SIDE
"What is that pain you get in your side sometimes, after taking more exercise than usual, such as running? It is near the lower ribs. It makes you want to halt. You stay for a while, and it gets better. This pain is generally known by the name of "stitch." It is really nothing to worry seriously over, except that it is nature's warning that you are over-taxing your breathing apparatus.

The act of running uses up the oxygen in our blood very quickly. To replenish it, we must breathe much more rapidly and deeply than we are accustomed to doing.

Our main breathing muscle is the diaphragm, which, though strong and broad in itself, ends in small fibres where it is attached to the six lower ribs on each side of the body.

As we breathe quickly and deeply the ribs, too, move rapidly, this movement sometimes straining the fibres to which the diaphragm is attached. Then it is that we feel the "stitch."

When we get this pain, we have to halt until the muscle feels rested again. That type should be barred too, more quietly when we make a fresh start.

You will only get "stitch" when you are out of condition, for with practice you learn to distribute the strain amongst the various muscles, so that no particular one is affected unduly.

STUDYING NATURE UNDER DIFFICULTY
A local nature student one rainy morning recently was picking his way through a thicket in the park when he attracted the attention of a passerby. "What are you doing?" asked the curious one.

"Just looking for birds," "Is it a good day for birds?" "With a significant glance downward at his dripping trousers and shoes the nature student replied: "Pretty good, but it's a bum day for anything that can't keep its feet up out of the grass."

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