

WHAT THE VOICE SAID AT EVENING
Rest, life and be still. The task of the day is done. What you have done trust to the Lord, the rain and the sun. What you have dreamed is thought of days that are yet to be. What you have hoped life counts in the shadows of eternity.

Health Service of the Canadian Medical Association
The Importance of Rest

Life consists of alternating periods of activity and rest. To live in a healthy condition, it is necessary that these periods be balanced one with the other. If activity be too prolonged, there is a loss of efficiency. The tired eyes see less well, the tired muscles do not respond as quickly, the tired workman produces a smaller quantity and a lower grade of work, the tired brain is less efficient.

There are no girls like the good old girls. The days when we were youthful when humankind were pure of mind, and speech and deeds were truthful. Before a love for worldly gold became man's ruling passion. And before each dame and maid became slave to the latest fashion!

There are no boys like the good old boys. They could hike and brew, and had taught school, too. And they made such likely courtin'!

There is no love like the good old love. The love that mother gave me. We are old, old men, yet we pine again for that precious grace. God gave us all so we dream and dream of the good old times.

A HALF-CENTURY'S CHANGES
I've just been musing, thinking that a little quiet reflection reveals very vividly the fact that many of our most common utilities, conveniences and amusements of to-day were absolutely unknown fifty years ago, in a community such as this.

There is nothing so common as to hear a young man at one party the black-eyed young man at another party. He shrugs his shoulders and flings out his arm in protest.

Two convivial friends were wending their way along a city street about 2 a. m. when one of them stopped to gaze dazedly at a sign.



OLD TIMES, OLD FRIENDS, OLD LOVE

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ACTON'S GALA DAY

IN THE PARK ACTON MONDAY AUG. 6 Civic Holiday

AFTERNOON SPORTS

Ladies' Softball
Seiberling Nationals vs. Acton
Baseball

ATHLETIC EVENTS

22 Silver Cups for Competition
Best Athletic Meet Ever Staged
5 Mile Handicap Road Race
See Small Programmes for Details - Prizes for Everybody

GARDEN PARTY

Harvey Lloyd, Comedian
Miss Betty Robertson, Dancer
Miss Ethel Evans, Violinist
Olive Hudson-Seeley, Soprano and Accompanist

ACTON CITIZENS' BAND

On Hand all Day and Evening
GRAND STREET DANCE
Old and New Dances - On Main Street Pavement
10.30 to 1 a.m.

PRICES--Afternoon 25c Garden Party 35c Street Dance 50c
Combination Ticket for all Events 60c--Now on Sale--Buy Early

