The Artmu Bree Bress

THURWIDAY, JULY 26, 1938

WHAT THE VOICE SAID AT EVENING Real, life, and be still. The task of the What you have town God trust to the totl, the rain and the sun. What you have dreamed is thought of days that are yet to be. What you have hoped He counts in the sheaves of eternity.

Rest, life, and be still. Por you falls the night awest boom! Truth lives in clernal day-like the sun, in cirmal noon. To treb, O woul, the worl of path nt Clod, Who plants the seeds of the ages in the moment's moldering sod.

Rest, life; and he still. God gave this sunset hour That, watching, you might feel the peace of 11th quiet power. In lights and colors of life death can mar. God paints this day in heaven, and over t hangs a ctar. -Charles P. Cleaves

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 Before a love for wordid gold periods be balanced one with the other. a loss of efficiency. The tired eyes seed less well, the tired muscles do not respond as quickly, the tired workman grade of work, the tired brain is less

efficient. It is a well-established fact that a much higher percentage of accidents occur in factories towards the end of They could bake and brew, and has the day. Even under the stimulus of a patriotic fervour, it was found that the number of shells produced per week. There are no boys like the good old boys, during the Great War, was increased by

ination of Sunday work. A change is a rest. Recreation of manner. It does not, however, provide rest in all ways. It is rest in the same sense that it is a diversion, but it is not restful in the sense that sleep is. Play furnishes relief from the monotony of work, gives a fresh mental store the body-cells broken down by act-

Periods of activity, either at work or at play, must be balanced by periods of The patient is put to bed and is kept

routine of life except a rest period after Rest costs nothing in money, but it means taking time from other things for the purpose. To do without sufficient rest is to wear out the body prematurely. Rest is required just as much in summer as in winter, which is a truth that people are ant to overlook, both for themselves and for their chil-

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered by letter. Questions as to diagnosis and treatment will not be answered.

BU YNG A FAN

Miss Katharine Lee Bates, who spent some time in Spain, declares that the dark-eyed damsels of the fan and lace possibilities, was not conceived as an suspense. mantilla are quite as charming as tradi- instrument adaptable to household uses tion has pictured them. Ignorant they until after the Great War. commonly are, their education being of 10 .- The Prigidaire and the Kelvingthe most meagre, but they are not dull tor, now adaptable for the family ice They are quick-witted, high-spirited and supply and refrigeration, is a modern in- Englishman, with an Englishman's affectionate, and are possessed of a grace vention of only a few years ago, but of speech and manner which rerely coming into very general use. deserts them. Nor do they reserve their 11 .- The domestic oil burner is a propretty ways only for the ballroom or the duct of the last decade, and eliminates partor; even ordinary shopping is lifted the drudgery of the old plans of heating he says, met a friend in Paris and offerinto a scene of elegant comedy by the with wood and coal. manner in which it is transacted. This is how a Spanish senorita bargains for

haggling is a social condescension that majority, been married and settled down at once puts the black-eyed young saics- in a home of our own. To us it is won-

He shrugs his shoulders and flings out away at six pesstas."

lously, all bewitchingly. "At five peactes, senor."

FALL FAIR DATES Dates of Fairs in This Neighborhood

Attend
<u></u>
Acton
Arthur October 2-3
Holfon October 5-6
Brampton September 25-26
Burlington Beptember 25-26
Caledon September 14-15
Cooksville October 2-3
Erin October 2-3
Pergus Beptember 27-28
Georgetown Beptember 21-22
Grand Valley Saptember 27-28
Milton Beptember 28-20
Etrectsville Beptember 22
Toronto (C. N. E.) Aug. 24-Sept. 8

KEEPING YOUNG she tripped lightly down the stairs leadglances were levelled in her direction. "Boms chicken!" exclaimed one youth to his pal us they trailed in her wake. Wonder who the lucky chap is she's

As the lovely bit of feminity emerged from the station, a handsome, broadshouldered man, fully six feet tell, clasped her in his arms and klased her. "Mother," he exclaimed fondly, thought I'd mlased you!"

SIGNS OF THE TIMES

me," came the reply.



OLD TIMES, OLD FRIENDS, OLD

There are no days like the good old days, The days when we were youthfull When humankind were pure of mind, And speech and deeds were truthful; Became man's ruling passion If activity be too prolonged, there is And before each dame and maid became

Blave to the tyrant fashion! Against the world I'd stake 'emi produces a smaller quantity and a lower As buxom and smart and clean of heart As the Lord knew how to make 'em! They were rich in spirit and common-

And picty all supportin'. taught school, too, And they made such likely courtin'!

When we were boys together

Or down by the mill the Whip-poor-will

For that precious grace. God gave ust And our hearts grow tenderer, fonder

A HALP CENTURY'S CHANGES Percons who are below par, adults and the fact that many of our most common the clock, and as I stepped near the children who are underweight, benefit utilities, conveniences and amusements cornice rail in some way I let the heavy by added rest. Children frequently gain of to-day were absolutely unknown fifty thing fall from my hand. It struck on in weight with no other change in their years ago, in a community such as this the rail and then bounced out of sight. things, which we have come to feel that with both hands, and leaned far over

> 3.—The motor car—automobiles, trucks and buses-were entirely unknown. 4 .-- The telephone was just being ex-

6 .- Street cars were drawn by

for years afterward.

Say, do you know that all these in- estate. The invitation was accepted, and ventions, now to commonly in use, have the man set out the next day. The been invented and put into every-day journey was seven hours by railway, bu! use since Mary and I have attained our to a true sportsman that was nothing. derful to think of it. My father never the day's sport was at once mapped out. saw one of these great inventions before he was called to his reward.

inventions, but hundreds of others of thrushes." almpler construction have also been inbeautiful the work is. I am giving it vented and introduced into very-day life, to whom the prospect of killing a few which facilitate the work of the home, song-birds was not very exciting. the lifts her eyebrows half-incredu- the farm, the factory and life's activities I came across a story the other day will be plenty of larks. Then I

this other, too. I sacrifice it at four he has had preserved as a "rare old

I suppose Mr. Pord has done as much . "But have you any partridges?" "You will let us have the two at seven as any man who ever lived to hurry "Partridges? Yes, indeed. We have society forward into a new age, -though them, but they are not so easy. We had Her eyes dance over his confusion. He if I had ever thought of driving a car, I four, but a month ago monsicur the catches the gleam, laughs back, throws think my choice would not have been a marquis killed one and badly wounded "Tin Lizzie." You know, when auto- another. The poor creature hasn't yet "Bueno, senorital At what you please!" mobiles began to get common a few recovered. That leaves only two. We And the senorita trips away contented years ago, old fogy as I am, I was half will go after them, of course, if monwith a sharp bargain, although—for inclined to get into the swim. But Mary sleur wishes, but then what shall we do Spanish gallantry, even when genuine, but her foot down, and said "Now, you next year? Now if monsicur could only goes farther on the lips than otherwise- know, my man, you're too old at your age finish the wounded one, that would be the price was probably not much more to learn to drive a car, and I'd never just the thing?" remote from what pleased the smooth- feel safe with you at the steering wheel. "Well, well, but have you no covert tongued clerk than from what she pleas- Anyway, we can't afford to buy one of shooting-no hares?" the big fancy cars, and I won't have you "Hares! Certainly, certainly, we have driving a Pord, when we've always had hares. I will get the dogs and we will go

rubber-tired buggy, ever seen in Acton tiful hares. We have three-Josephine, or out of it. No sir, we'll keep out of Alphone and the old Adolphe. For the agree and keep sweet and happy, and we mate, so that he is the father of a family. kept out of the car craze. Of course, We will spare them, of course ch. we have lots of good friends who often monuleur? But we will kill the old invite us for a drive, but they're young Adolphe. Indeed, it is time; I have been folks, and they learned when young to hunting him for five years. drive, and so we always feel safer, and although we occasionally buy a few gul-

lone of gas for their cars and keep them feeling good, between you and me, this plan of ours is chosper than if we owned

But this is quite a digression. Henry ed, are regularly purchased by household-Pord seems to have a quaint interest in ers and restaurant operators who regard preserving affectionately the abandoned them as a high class delicacy. Unand antiquated apparatus of our older fortunately during the months of highest civilization. Accordingly he has set up at production the price these birds bring Budbury, in Massachusetts, a collection runs low because so many of them are of colonial and early American houses marketed in a thin unfinished condition. and furniture, and at Dearborn, Michi- On this subject the Weekly Egg and gan, a museum of mechanical antiquities, Poultry Market Review, issued by the

in which he takes a great delight. added a venerable horse-drawn street 20: "Complaints are atill being receivcar, which he discovered in Brooklyn, ed concerning the poor, unfinished qualthat he refers to as "a rare old relic." Ity of brotlers reaching the market. Birds Electricity and gasoline have driven old of this type, in addition to bringing a Dobbin pretty well off the streets every- podrer price themselves, have an adverse where, and almost entirely out of busi- effect on the price of the better grades." ness for passenger transportation, and It is true that the marketing of the they hustle about us so fast nowadays entire broller crop within a space of about that we do not realize how short is the two months has been a depressing inspace of time, measured in years, since fluence on the market but these birds

The horse-car age comprised the days trade. when union or Brussels carpets covered the floors of every well-furnished house, ditions which are at present being con-Two convivial friends were wending They had to be laboriously ripped up ducted by the Dominion Live Stock their way along a city street about 2 a. every spring, beaten to get rid of accum- Branch, indicate that a number of rem., when one of them stopped to gate ulated dust over the clothesline in the tall dealers not handling brollers would "Whatchu lookin' at?" said the other. down again. How many yards of carpeting have we scuffed back into place, with a mouthful of tacks in storage, to be high class and it is very difficult to driven in as soon as the refractory carpet find an immediate outlet for the than, "Dern near time, if any one was to asi was at last stretched smoothly from unfinished birds.—Experimental Farm baseboard to baseboard! Carpets of this Note.

ort fill exist in some hones, but they wage . s losing right against hardwood nears and rugs. Those early days were the erg, too, of coal oil lamps and tallow candles. Does anyone use either now, when electric current can be had?

Portable wooden tubs were in almost every kitchen, and in many homes served well the purposes of bathroom- as well. It was a proud abode of luxury that could boast a bathroom in those days. As I have said, there was he telephone in these days. If you had a message for a friend, you walked to his or her home or business place and gave your message in person. If you wanted the doctor in a hurry you ran for him. When you got there you pulled a knob that was attached to a wire that rapy a bell com-where in the back hall. If it was-n: night, there was a speaking tube beside the bell knob up which you shouted you: | 6 appeal for Juste.

Momorles crowd in upon me. The clatern with water conducted from the roof when it rained; and generally connected with a pump in the kitchen; the lightning rods, without which every house ! was considered to be in constant perilfrom the heavens; the old singing school, the paring bees,-all contemporaries of Mr. Pord's "rare old relic," the horse car, all familiar to a time that thought itself a marvel of human progress, but which the youth of to-day smile at as hardly distinguishable from the Middle Ages! And Mary persists in saying to me: "Them was the good old days."

some cases; in others the agony of suspense which precedes a narrow escape is almost as disastrous to the nerves as if the result hore out the apprehension. An incident of the nerve-racking kind is related by a young man who was employed by a large clock firm. One of his duties was to superintend the putting up of kteeple- and tower-clocks.

There lan't much chance for adventure in the placing of a clock. It is un to the heights; but now and then some little thing will occur which shows lies to that of tragedy.

I was in one of the large Western cities, seeing to the construction of a clock which was being placed in the tower of the city hall. The job was standing on the roof beside the tower. inspecting the great dial face above me I have become accustomed to helphy which a few years ago would have made ill to think of, and I had stepped near the alightly guarded edge of the utkling-without any more thought they

I was holding in my hand a screw-I've just been quietly thinking that a driver, a ponderous instrument used in little quiet reflection reveals very vividiy adjusting some of the larger pordona of Let us take a few minutes together and The sickening thought of the passers-by recall the list of to-day common-place flashed over me and I grasped the rull

in my attempt to follow with my eyes

A young lady was passing in screw-driver. I held my breath in an of her danger. The noise of the fall but she never knew what had caused the constructed and operated for thirty years pavement. No damage had been done,

GREAT SPORT

The list enumerated are outstanding season we shall be sure to find some

"Ah, well! after that we will spend a He runs his hand through his black which illustrates the progress of invention show you some moor-hens that I know in a very interesting way. It tells of But the peerless work, senorita! And Henry Pord and an old horse car, which a fox last year—yes, a wild fox! We

one of the best teams of horses and a into the woods. You shall see some beautime being Josephine is sacred—she has Well, of course, Mary and I always little ones. The little Alphonse is her

Dominion Live Stock Branch Ottawa, has

they conspired to change over almost all could be moved into consumptive chanour quieter ways of living and of moving nels much more readily were they proper-

Investigations into broller market con-

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Olive Hudson-Seeley, Soprano and Accompanist

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