The Attent Free Bress

THURUDAY, JULY 26, 1928

WHAT THE VOICE SAID AT EVENING day is done What you have sown God trust to the coil, the rain and the aun. What you have dreamed is thought of days that are yet to be. What you have hoped He counts in the

Rest, life, and be alill. Por you falls the night - sweet boon! Truth lives in ctornal day-like the sun, in eternal noon. Truch, O real, the coulpattent Clod. Who plants the seeds of the ages in the more ni's moldering sod.

sheaves of eternity.

Rent, life, and be still. God gave this sunset hour That, watching, you might feel the peace of Ills quiet power. in lights and colors of life death can mar. God paints this day in heaven, and over

> Health Service of the Canadian Medical Association The Importance of Rest

Life consists of alternating periods of activity and rest. To live in & healthy condition, it is necessary that these Before a love for sordid gold periods be balanced one with the other. If activity be too prolonged, there is And before each dame and maid became a loss of efficiency. The tired eyes seed 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

It is a well-established fact that much higher percentage of accidents occur in factories towards the end of They could bake and brew, and had the day. Even under the stimulus of a natriotic 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 | When we were boys together ination of Sunday work.

A change is a rest. Recreation play is a change which provides rest in one 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. May furnishes relief from the of work, gives a fresh mental stimulus, but it does not provide for the icat that Li needed to rebuild and restore the body-cells broken down by act-

is one of the executials of treatment. The patient is put to bed and is kept as comfortable as possible in order that by means of rest, the body may make its best fight against the enemy-disease. children who are underweight, benefit by added rest. Children frequently gain

ficient rest is to wear out the body prematurely. Rest is required just as much in summer as in winter, which is a and buses-were entirely unknown. truth that people are apt 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 fetter. Questions as to diagnosis and

Mirs Katharine Lee Bates, who spent after some time in Spain, declares that the 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 Kelvinathe 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 rarely coming into very general use, descrits them. Nor do they reserve their 11.—The domestic oil burner is a pro- esty upon Prench ideas about the same pretty ways only for the ballroom or the duct of the last decade, and eliminates subject. An enthusitatic Prench marquis parlor; 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 Epanish senorita bargains for ventions, now so commonly in use, have the man set out the next day. The

at once buts the black-eyed young sairs- in a home of our own, To us it is won-

away at gix pesetas."

She lifts ther eyebrows half-incredulously, all bewitchingly.

the touches both fans lightly.

"You will let us have the two at seven as any man who ever lived to hurry

Spanish gallantry, even when genuine, but her foot down, and said. "Now, you' next year? Now if monsteur 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.

ALL FAIR DATES

Dates of Fairs in This Neighborhood the automobile cruze." Which Many Citisens Will

eptember 18-19
October 2-3
October 5-6
eptember 25-26
leptember 25-26
eptember 14-15
October 2-3
October 2-3
leptember 27-28
eptember 21-32
eptember 27-28
leptember 28-20
. September 22
Aug. 24-Bept. 8

REEPING YOUNG

skirted, pink-checked, and bob hair. As she tripped lightly down the stairs teading from the station, many admiring glances were levelled in her direction. "Bome chickent" exclaimed one youth to his pal as they trailed in her wate. "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 tall, clasped her in his arms and kissed her. "Mother," he exclaimed fondly. thought I'd missed you!"

SIGNS OF THE TIMES

me," came the reply.



OLD TIMES, OLD FRIENDS, OLD

here are no days like the good old days. The days when we were youthful! When humankind were pure of mind, And speech and deeds were truthful; Became man's ruling passion, Slave to the tyrant fashion!

There are no girls like the good old girls. Against the world I'd stake 'em! As buxom and amart 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't

Of the bee in the billowy clover,

For that precious grace, -Ood gavodist

And our hearts grow tenderer, fonder, As those dear old dreams bring smooth

A HALP CENTURY'S CHANGES little quiet reflection reveals very vividly of to-day were absolutely unknown fifty Let us take a few minutes together and recall the list of to-day common-place things, which we have come to feel that

4.—The telephone was just being ex-

5.-Electric light, and the various Edi-

Say, do you know that all these inbeen invented and put into every-day nothing sordid about it. Her use since Mary and I have attained our haggling, is a social condescension that majority, been married and settled down derful to think of it. My father never the day's sport was at once mapped out. least bit saw one of these great inventions before he was called to his reward. The list enumerated are outstanding season we shall be sure to fine inventions, but hundreds of others of thrushes."

simpler construction have also been inbeautiful the work is. I am giving it vented and introduced into very-day life, which facilitate the work of the home, song-birds was not very exciting. the farm, the factory and life's activities generally.

in a very interesting way. It tells of of. Down there in the marsh, too, I saw "But the peerless work, senorital And Henry Pord and an old horse car, which a fox last year-yes, a wild fox! We this other, too. I sacrifice it at four he has had preserved as a "rare old

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 badiy wounded "Tin Lizzie." You know, when auto- another The poor creature hazn't yet "Bueno, senorital At what you please!" mobiles began to get common a few recovered. That leaves only two. We And the tenorita 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 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 driving a Pord, when we've always had hares. I will get the dogs and we will go

one of the best teams of horses and a into the woods. You shall see some beaurubber-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 Well, of course, Mary and I always little ones. The little Alphonee is her agree and keep sweet and happy, and we mate, so that he is the father of a family. kept out of the car cruze. Of course, We will spare them, of course-ch,

we have lots of good friends who often monsieur? 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 gullone of gas for their cars and keep them BROILER CHICKENS FOR THE BEST feeling good, between you and me, this plan of ours is cheaper than if we owned

Pord seems to have a quaint interest in era 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

in which he takes a great delight. To the latter collection he has just the following to say under date of May added a venerable horse-drawn street 39; "Complaints are still being receivcar, which he discovered in Brooklyn, ed concerning the poor, unfinished qualthat he refers to us "a rare old relic." Ity of brollers 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- poorer 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

our quieter ways of living and of moving nels much more readily were they properabout. The horse-car age comprised the days trade. when union or Brussels carpets covered Investigations into broller market obnthe floors of every well-furnished house. ditions which are at present being con-Two convivial friends were wending They had to be labortously 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 gaze ulated dust over the clothesline in the tail dealers not handling brollers would back yard, and more laboriously tacked be quite willing to do so could they secure "Whatchu lookin' at?" said the other. down again. How many yards of carpeting have we scuffed back into place, with trade. The retail market is essentially a mouthful of tacks in storage, to be high class and it is very difficult todriven in as soon as the refractory carpet find an immediate outlet for the thin,

sort still exist in some homes, but they wage a losing fight against hardwood floors and rugs. / Those early days were the era, too, o coal oil lamps and tallow candles. . Doct anyone use either now, when electric current can be bud?

Portable wooden tube 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 hoast a bathroom in those days. As I have said, there was no telephone in those 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 t hurry you run for him. When you got there you pulled a knob that was attached to a wire that rang a bell wim:where in the back hall. If it was no night; there was a speaking tube beside the bell knob up which you shouted you appeal for haste.

Memories crowd in upon me. Th cistern 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 peril from 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 an hardly distinguishable from the Middle Ages! And Mary persists in saying to me: "Them was the good old days."

A miss may be as good as a mile in some cases; in others the agony of suspense which precedes a narrow escape is almost as disastrous to the nerves as if the result bore out the apprehension. An inclident 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 steeple- and tower-clocks.

There in't much chance for adventure in the placing of a clock. It is up to the heights; but now and ther some little thing will occur which shows one how near the line of every-day living lles to that of tragedy.

I was in one of the large Western cities, seeing to the construction of m 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 heights which a few years ago would have made me ill to think of, and I had stepped near the slightly guarded edge of the

I was holding in my hand a screwutilities, conveniences and amusements cornice rail in some way I let the heavy The sickening thought of the passers-by flashed over me and I grasped the rail with both hands, and leaned far over in my attempt to follow with my eyes

> A young lady was passing in front of on the green sward that bordered the pavelnent. No damage had been done, save to my own nerves, but never shall

> > GREAT SPORT

journey was seven hours by railway, but

to a true sportsman that was nothing. The next morning the visitor was waited upon by the marquis' keeper, and

"Ah, well! after that we will spend a "At five pesetas, senor."

I came across a story the other day will be plenty of larks. Then I will lie runs his hand through his black which illustrates the progress of invention show you some moor-hens that I know

"Partridges? Yes, indeed. We have

time being Josephine is sacred—she has

Broiler chickens, when properly finish-But this is quite a digression. Henry ed, are regularly purchased by householdgan, a museum of mechanical antiquities, Poultry Market Review, issued by the Dominion Live Block Branch Ottawa, has they conspired to change over almost all could be moved into consumptive chan-

"Dern near time, if any one was to ask was at last stretched smoothly from unfinished birds -- Experimental Parm bareboard to bareboard! Carpets of this Note.

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