

WHAT THE VOICE SAID AT EVENING... Rest, life, and he still. The task of the day is done.

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.

It is a well-established fact that a much higher percentage of accidents occur in factories towards the end of the day. Even under the stimulus of a patriotic fervor, it was found that the number of shells produced per week during the Great War, was increased by reducing the hours of work in the elimination of Sunday work.

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.

There is nothing sordid about it. Merit haggling is a social condescension that at once puts the dark-eyed young man as her mercy.

FALL FAIR DATES table with columns for location and dates. Locations include Acton, Arthur, Bolton, Brampton, Burlington, Caledon, Cooksville, Erin, Fergus, Georgetown, Grand Valley, Milton, Streetsville, and Toronto.

KEEPING YOUNG She was a pretty little thing, short, striped, pink-checked, and bob hair. As she tripped lightly down the stairs leading from the station, many admiring glances were levelled in her direction.

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



OLD TIMES, OLD FRIENDS, OLD LOVE

There 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.

A HALF CENTURY'S CHANGES I've just been quietly thinking that a little quiet reflection reveals very vividly the fact that many of our most common utilities, conveniences and amusements of today were absolutely unknown fifty years ago.

1.—The motor car—automobiles, trucks and buses—were entirely unknown. 2.—The telephone was just being experimented with by Prof. Bell of Brantford.

10.—The refrigerator and the Kelvinator, now adaptable for the family use, coming into very general use. 11.—The domestic oil burner is a product of the last decade, and eliminates the drudgery of the old plans of heating with wood and coal.

Well, of course, Mary and I always agree and understand and happy, and we have lots of good friends who often invite us for a drive. Of course, that we do not realize how short is the space of time, measured in years, since they could move into consumptive channels much more readily were they properly finished and suitable for a high class trade.

Investigations into broiler market conditions which are at present being conducted by the Dominion Live Stock Branch, indicate that a number of retail dealers not handling broilers would be quite willing to do so could they secure the quality of birds generally available in the trade.

sort still exist in some homes, but they were a losing fight against hardwood floors and rugs. Those early days were the era, too, of coal oil lamps and tallow candles.

The Old Man NERVE-RACKING MOMENTS A mist 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.

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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 Tickets for all Events 60c--Now on Sale--Buy Early