

**A TIRED WOMAN'S LAST WORDS**

Here lies an old woman who always was tired. She never lived in a house where help was never hired. Her last words on earth were: "Dear friends I am going Where washing ain't done, nor churning, nor mowing; And everything there will be just to my wishes. For where they don't eat, there's no washing of dishes. I'll be with loud anthems will always be, having no voice, I'll get rid of the singing. Don't mourn for me now, and mourn for ever. For I'm going to do nothing forever and ever."

**Twenty Years Ago**

From the issue of The Free Press of Thursday, September 10th, 1918

Acton motorists observed the "no Sunday traffic request" with admirable unanimity.

Mr. Councillor Hallay has purchased the well known Lashby farm—owned for many years past by Mr. Alexander McDonald.

Tax Collector Reid received about \$3,000 on Saturday and \$1,000 prior to that date. He now has over \$5,000 paid in.

Meers, Graham and Alexander McDonald received news from Mr. James McDonald, West Toronto, that his youngest son, Sandy, had paid the supreme sacrifice on the 6th inst. Pte. McDonald went overseas about a year ago.

Mr. Alex. Gurnin, a resident of Limehouse for over forty years, passed away suddenly last Thursday evening.

**DIED**

ROBERTSON.—At the family residence here, on Wednesday, 9th September, 1918, John Robertson, aged 70 years.

MARSH.—At the residence of his daughter, Mrs. George Batson, Newmarket, on Tuesday, September 10th, 1918, John Marsh, aged 80 years.

**BICYCLISTS URGED TO PROMOTE SAFETY BY CAREFUL RIDING**

Every bicyclist should co-operate to the fullest extent with the Department of Highways in its safety campaign to make Ontario's streets and highways free from traffic accidents, believes Geo. S. Braden, General Manager of Canada Cycle & Motor Co. Ltd.

In a recent interview, Mr. Braden said: "The rights of bicyclists are the same as the rights of motorists and pedestrians, but they have the same responsibility, too, and if we are to have safer traffic conditions in Ontario, cyclists must make as great a contribution to this safety work as those who drive and walk. Bicyclists can add much to their own safety, and increase their prestige with the general public, by always observing the standard traffic rules, as motorists are obliged to do."

Mr. Braden commended the efforts of Hon. T. H. McQuesten, Minister of Highways, in his work of promoting highway safety and listed a set of bicycling rules which he claimed would make a tremendous contribution to this movement if followed by every cyclist.

**CYCLE SAFETY CODE**

Here is how according to Mr. Braden, every "Bike" rider can help to make Ontario's highways and streets safer for himself as well as for motorists and pedestrians:

1. Learn to ride in some safe place. Stay off the streets until you can ride well.

2. Have your bicycle equipped with proper brakes, light and an approved reflector. Have your rear mudguard painted white as required by the Highway Traffic Act. Keep your wheel adjusted to fit you, and in good condition. Check the brakes frequently.

3. When riding keep to the RIGHT, alone or in the curb. Grouping two or more should ride in single file, never abreast.

4. Obey all traffic rules and regulations. Use HAND SIGNALS when you are going to stop or turn.

5. Ride without wobbling and AVOID SHARP TURNS. Wobbling through traffic is dangerous. Avoid fast riding over slippery or rough roads.

6. Never carry a passenger. It is against the law.

7. Meeting traffic pass on the right, overtaking traffic, leads on the left.

8. Turn right close to the curb. Turn left around the centre of intersections.

9. Watch for STOP signs and traffic officers' signals.

10. Give traffic coming from the right, the right-of-way at intersections.

11. Never "hitch on" to a moving vehicle.

12. When riding at night carry a light in front and a reflector in the rear. Light-colored clothing also helps motorists to see you.

13. Do not try to carry a package in one hand, or try to ride in the street "no hands". If packages must be carried they should be strapped to the bicycle or placed in a carrier.

14. Don't "cut in" in front of a moving vehicle.

15. Choose your route carefully. Avoid crowded streets and highways.

16. Keep your feet on the pedals and your hands on the handlebars. Always ride with safety, courtesy and common sense.

**CATTLE EXPORTS**

The number of Canadian cattle exported to the British Isles during 1935, up to August 4th, was 24,834 head, as compared with 3,230 in the corresponding period of 1937. The cattle exports to the United States up to August 4th were 29,138 beef cattle; 5,919 dairy cattle; 32,508 calves, and 96 hogs.

**THE OLD MAN OF THE BIG CLOCK TOWER**

behind a wheel aren't gentlemen and there's a locking them as well as with the horses.

Stories of band competitions, anecdote of the fair have been told and retold, so I guess I'll just conclude this part with the hope to meet you at Acton Fair, next week. It will take some pretty dirty weather to keep Mary and myself at home.

I was glad last week to see that a start had been made toward repairing Mill Street. Besides the general improvement the work makes, it provides nice interest for my age to watch the crew at work making the new roadway.

All my life I've been seeing new roadways built, and my, what a change in the way of construction. There were the old plank and corduroy roads. Then, in later years, the gravel and stone roads. A lot of smart fellows these days maybe laugh at these old constructions, but they filled their places in the development of the community and perhaps, in a few years more, smart fellows will be laughing at what we to-day think is the very best in modern road construction.

Not going back so many years—possibly thirty-five or forty, I can recall that this same Mill Street was a pretty bumpy, muddy road. It's hard walk crossings. Even you very young chaps will well remember when John Williams was under contract to drive the sparkling tank twice a day, down this main thoroughfare, to lay the dust and was beside John if he was an hour or so off schedule. But it was rarely that he was, because, among other duties, it was also his to carry the mail to and from the Post Office and station.

Well, the main industry outgrew the dirt road stage and Mill Street was macadamized. The method in this day and generation may have seemed a bit slow, but to the roadway to-day bears testimony to its thoroughness. The foundations were well and truly laid, but it lacked a surface. The day of the automobile brought this necessity and the past few years have seen many of these applied and worn off by the traffic.

The past few years have seen many street improvements. I who can just sit and watch the cars go, sometimes wonder if too much of our money does not go on the roads. When I say that I refer not only to construction but to vehicles and fuel. Put it however, for an old man to stand in the way of progress. I've enjoyed seeing the improvements take place. Smooth highways have essayed. We didn't used to mind the bumps and pitch holes in the old democrat. But then, we took them at slower speeds than are used today.

Here I've wandered away off this week from my historical sketch of Acton and its streets or have I? At any rate, I'll not attempt to go on this week but perhaps start next week. Provided, of course, that the editor doesn't decide to use many of my old cronies at Acton Pub and get writing with some of them.

I am forced to the conclusion though I'll lie my heart with pain. For the boys about my age are getting grey.

Phew! Those days are over and my life is as lively as a two-year-old and feel like old time fun.

But the boys about my age are getting grey.

I've wasted precious hours, ay, I am like unto waste them yet.

I have come to rest in still am causing a stir who have no rest to find.

I am counting future only and the profits they shall net me.

But the boys about my age are getting grey.

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**The Cancer Crusade**

By J. W. S. McCullough, M.D., D.P.H., Secretary, Cancer Committee

Fighting the Great scourge with Knowledge — A Campaign to Wipe Out Ignorance, Fear and Neglect

**CANADA'S OUTLOOK IN CANCER**

Clarence C. Little, Doctor of Science of the Royal Society and Director of the American Society for the Control of Cancer, lectured on this subject before an overflow audience in Toronto last winter. The lecture, sponsored by the Health League of Canada, was one of a yearly series of lectures that have become most popular with the public.

Dr. Little's lecture took a high note. He praised the present arrangements for the treatment of this malady in use in this country and in the United States, as well as the research now being carried on in Great Britain, the latter of which has resulted in clearing up much of the confusion heretofore existing in reference to chronic irritation as a cause of cancer. Up to recent times, chronic irritation of great variety has been looked upon as an exciting cause of cancer. It remains a cause, but experimental investigation by Kettunen and others, as stated in previous articles, has shown that the real exciting cause of the irritant is a carcinogenic substance that is a cancer-producing agent contained in the particular irritant. Several of these agents have been isolated namely from tar, lubricating oils etc. When the carcinogenic agent is removed from the irritant its cancer-producing properties disappear. With the uncovering of larger numbers of such agents an important avenue of prevention of cancer will have been opened.

Dr. Little praised the participation of the Imperial Order Daughters of the Empire, in the war against Cancer, and pointed out that in his country a voluntary organization, The Women's Patriotic Army, now over 100,000 strong, had been organized for a similar purpose. "It is expected," he went on to say, "that the latter organization will soon reach a million in numbers."

With respect to the treatment of cancer, he declared that the only recourse for successful treatment are surgery, X-rays and radium singly or combined. As a result of such treatment, the American College of Surgeons has collected an authentic list of some 20,000 five-year cures of cancer. He held out splendid prospects of cure in the cases that came for early treatment and issued a stern warning to his audience to avoid treatment at the hands of those who advertised a cure for cancer or who demanded, as most quacks do, pay in advance.

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