

THE OTHER MAN

Perhaps he sometimes slipped a bit— Well, so have you. Perhaps some things he ought to quit— Well, so should you. Perhaps he may have faltered— why, Why, all men do, and so have I. You must admit, unless you lie. That so have you.

Perhaps if we both stop and think, Both I and you, When painting some as black as ink, As some folks do, Perhaps, if we could recollect, Perfection we would not expect, But just a man half-way correct, Like me and you.

I'm just a man who's fairly good— I'm just like you. I've done some things I never should— Perhaps like you. But, thank the Lord I've sense to see The rest of men with charity! They're good enough, as good as me— Say men like you.

Twenty Years Ago

From the Issue of the Free Press, of Thursday, August 28th, 1919

The Boy Scouts' Band under Scoutmaster N. F. Moore and the Boy Scouts under Scoutmaster Serg. W. Cole went to Toronto Exhibition on Wednesday to meet the Prince of Wales, who reviewed the Scouts of Ontario.

On Tuesday night the hardware store of John W. Kennedy, Main Street, Georgetown, was burned to the ground and much valuable stock was destroyed.

Staff Serg. Herbert Ritchie arrived home on Tuesday evening. Staff Serg. Jack Chapman, C.A.S.C. arrived home on Thursday evening with his pretty English bride. Nearly all of the 150 boys of Acton and vicinity who went overseas have returned home and resumed civil life.

Mr. William Lynd has sold his splendid farm on Main Street to Mr. Hugh McCutcheon, of Elm.

Mr. Fred Wright has purchased the property of Mr. William Plank, on Main Street. Mr. Hartley Harrison, who recently removed to Acton from Rockside, has purchased the two story brick residence on Bower Avenue from Councilor Bell.

BORN

WILEY—In Equestrian, on Wednesday, August 27th, 1919, by Rev. Mr. Wilson Wiley, a daughter.

MARRIED

GUILD-TORRANCE—In the Presbyterian Church, Rockwood, on Wednesday, August 20th, 1919, by Rev. Mr. Little, assisted by Rev. A. C. Bddy, Edna Bell, daughter of William Torrance to Wilbert Joffe, son of L. R. Guild, all of Rockwood.

DIED

NORTON—At Glen Williams, August 12th, 1919, Mary Jane Allen, beloved wife of James Norton, aged 75 years.

WALKER—At the family residence, Main Street, Acton, on Thursday, August 21st, 1919, Mary M. Worden, wife of William Walker, in her 67th year.

THE SUNDAY SCHOOL LESSON

(Continued from Page Two)

made His own terms of reconciliation and no king or pauper may vary them one iota. Uzziah invaded the priestly office. By this act he implied that God's restrictions and definitions did not matter. He found out that they did. In our day many important people have departed from the literal formula of salvation. With what result? Certainly they are not saved and their sinful presumption will surely find them out (Gal. 6: 7, 8).

A LEMON A DAY

Scurvy was rampant in the Abyssinian army on the Somaliland front. This disease contributed materially to the defeat of the Ethiopians. Reports of foreign doctors in the Ethiopian Red Cross tell of 30,000 cases. There was no scurvy in the Italian army. What was the reason for this immunity? A small precaution; every soldier in Mussolini's army was given a lemon a day. Like the vaunted apple, a lemon a day kept the doctor away. Since the earliest times scurvy has frequently proved a scourge to explorers, to sailors, armies and to the civil populations in areas where fresh food could not be had.

Scurvy is due to the diet being deficient in Vitamin C. The victim of this affection feels tired, has pains in the joints; the gums swell and bleed. Later on the skin becomes covered with petechiae which are small spots due to effusion of blood. Haemorrhage follows and the person can no longer work. In the case of the soldier, he can no longer march. He is useless and an encumbrance.

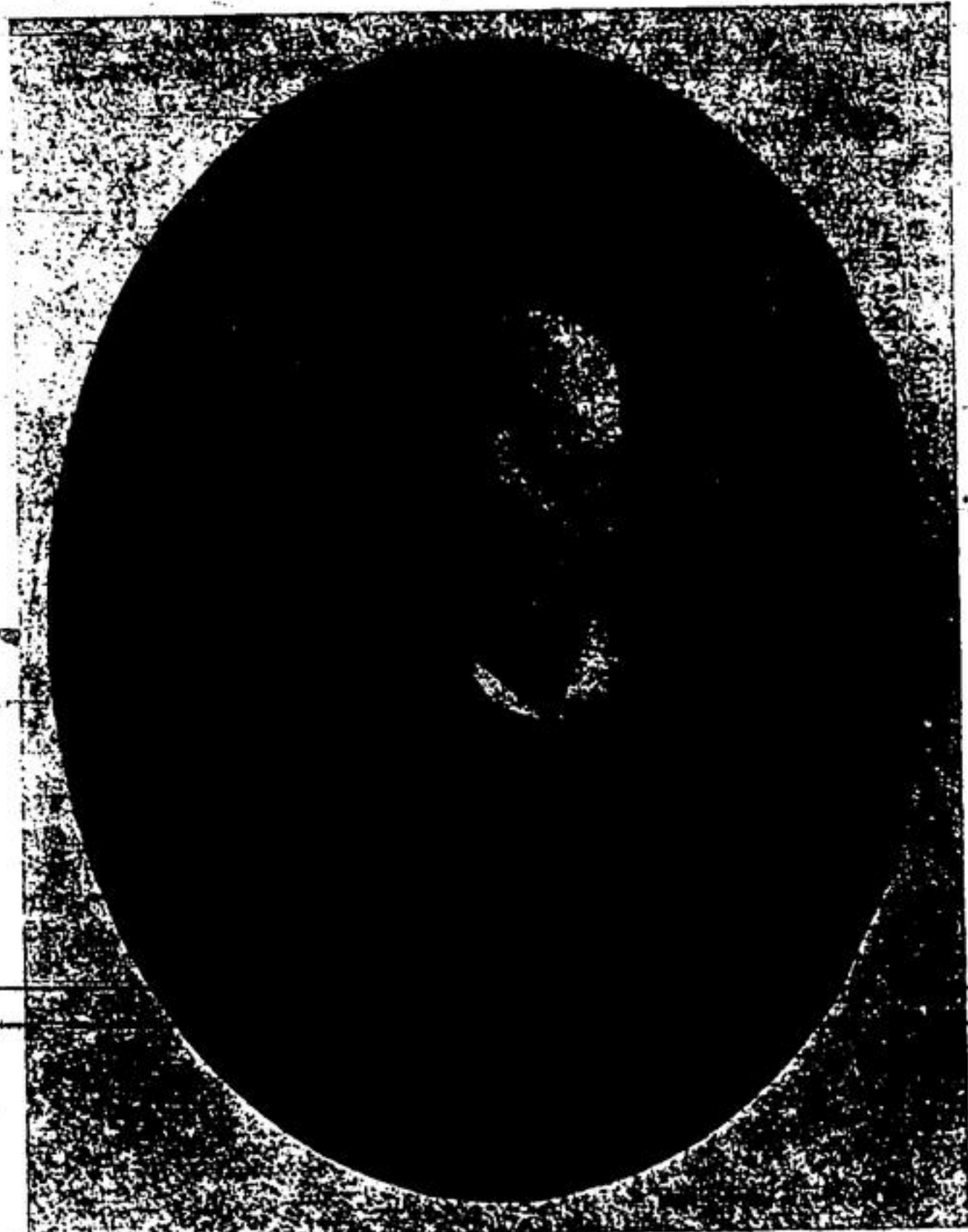
The use of fresh vegetables and fruits prevents and cures scurvy. James Cook, one of the immortal explorers and sailors of Great Britain, was a pioneer among public health workers. He forced his crews at the rope's end to drink soup made from wild vegetables. He set them a good example by his personal use of raw fruits, wild celery and other green stuff found in his extensive travels. Today, the mother, anxious for the health of her baby, gives the infant orange and other fruit juices for milk contains very little of Vitamin C, in consequence little is heard or seen of scurvy at the present time. It is one of the disappearing diseases.



Acton's Family Album

Turning Over the Pages, Week by Week, and Looking on the Faces of Those Who Were Familiar to Many Here in Other Years

HOW MANY OF THESE CAN YOU RECALL?



No. 1



No. 2

Reproduced from a wood cut, the type of engraving used in early years.



No. 3

Lady Customer (to grocer)—Why, Mr. Snookums, you grow dearer and dearer! Mr. Snookums—S-sh. Here comes the wife.

Youth: "That girl you picked up at the dance last night was from Ireland, wasn't she?" Chum: "No, from Iceland."

Compete in International Typing Contest



Howard Hudson, 17, left, was the first to be chosen of the 12 members, U.S. National Typing Team, which is to compete against Canada in the Canadian National Exhibition typing contest. Mary Ann Burns, of Ottawa, right, was the first to be chosen for the Canadian typing team which will compete with the U.S.



Announcing!

The Publication in Book Form of the Recollections of Acton Streets and Homes as Given in The Acton Free Press for the Past Two Years, entitled

"Acton's Early Days"

by The Old Man

Ready for Delivery not later than October 1st

Contents of the Volume

The book will contain almost 300 pages, and comprises the articles written over the last two or three years, relating to the travels of this writer on Acton's streets.

This book will also contain a brief sketch of the founding of Acton. The records as given in the Registry Office of the original survey and details of the founding of the Municipality.

The identity of "The Old Man" will be revealed when the book issued gives a picture. The story back of the column will also be told in the book. It is not issued as a history of Acton, but is really the only book that to date has been published giving any history of Acton. Numerous readers have requested such a book and it will soon be available. It will be well bound and an addition to the library of any one interested in Acton.

The Cost of the Book

Volumes may be purchased on and after October 1st, at \$2.50 cash. Orders may be placed at any time prior to that date and will be filled in the order of receipt. Naturally the issue is limited and the rule of first ordered first served will have to be observed.

To Free Press Subscribers

Another plan is offered in recognition to old and regular subscribers of The Free Press. Subscribers who pay three years' subscription in advance will be presented with a copy of this book Free of Charge. There are only two ways to get your copy.

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We did not anticipate a great demand for this book, which is of course of interest only to Actonians and more especially those of earlier days. The number of copies available is therefore very limited and when these have been sold no more copies will be available. It has only been possible to make these copies at this price by using the type that was used from week to week in The Free Press.

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Your remittance need not be made until delivery of the book is made.

THE ACTON FREE PRESS

THE OLD MAN OF THE BIG CLOCK TOWER



MUGGS AND SKEETER



By WALLY BISHOP