

BEING HAPPY

An old farmhouse with meadows wild And kneeed with clover on each side; A bright-eyed boy, who looks from out The door with woodbine wreathed about, And wishes this one thought all day:

"Oh, if I could but fly away From this dull spot, the world to see How happy, happy, happy How happy I should be."

Amidst the city's constant din, A man who 'round the world has been Who sold the turnstall and the throne, Is thinking, thinking all day long:

"Oh, could I only tread once more The field path to the farm house door, The old green meadow could I see How happy, happy, happy How happy I should be."

STAINLESS RAILS

A dense metropolitan railroad network can only have a rapid train service if the signalling is automatic. An electric current from one rail is carried through the wheels and axles of the train to the other rail and automatically records the presence of the train, either on the corresponding signal or the nearest signal box. This system, developed to the highest degree of perfection, makes it possible for trains to run, for instance, on the London Underground, at 40-second intervals at the peak hours. On the new used tracks, however, this automatic signalling system does not work with absolute efficiency. If the rails are rusty, the passage of the current is hindered. United Kingdom railway engineers have now overcome this danger and experiments are to be carried out in London with stainless steel strips on little used rails to make all the tracks safe for automatic signalling.

Guineas (value 21 shillings) are out of circulation in England.

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SPORTS CAMERA

By H. COLES

Acton Intermediates are in a slump. Last Saturday Milton eked a 5-4 victory over the triple A club, triumphantly moving closer to the second rung of the loop ladder. This makes the third loss out of four starts for the local crew whose remaining games are evidently the most fretful. For Oakville are the opposition in the last two games of the schedule and if the digits follow the pattern of previous games, Acton's chances of sliding into third position are definitely precarious. Reason 1 is that Georgetown is Milton's opposition in the last three games to be played by the County Town outfit. Milton is a superior crew when compared to the last place Papermakers and we wouldn't be surprised if the Hamilton-studded team knocked the Georgetown club for three losses.

However, Acton's losses can't be classed as exactly that, although they have been costly. We are more in favor of interpreting them as "und breaks," especially when five or six what you might nominate as excuses are kicking around in plausible excuses. With the exception of a 4-0 defeat from Georgetown and a 7-3 trouncing from the loop leaders, the majority of lost games were so by one run decisions. To cite an example say we neck into last Saturday's tilt in Milton.

The score was tied 4-4 in the ninth inning. Acton failed to tally in the top half of the frame and Bank was the batter for the Milton team. He blasted a single and attempted to steal second. "Dooney" Evans already had the spherical, and easily touched Bank at least five feet from second base. But and you can be emphatic with that, Coxie, the base umpire called him safe when it was obvious to the spectators he was out by a good "mile." Bank later crossed the plate with the winning run.

Just an incident from a typical game you say. Yes, but these gremlins have been following the local squad into no man's game too long. It isn't the first and probably won't be the last time we'll view such shenanigans of fate or fortune in baseball. All we can do is hope!

Softball - On Monday night, Local 26 reaffirmed their softball leadership role by walloping the last place Force Electric team in a game which took only an hour to complete nine frames. The Force team fought like cornered cats but a fifth defeat was impending considering the Union "brothers" bats had the best of the fray throughout.

Conversing with a player from the Force club in a post-game obituary, we sought his views as to just "why" the team had lost five games in an equal number of starts. He confirmed our opinion of the why and wherefore. "Twice," he said "we've shoved games into a tenth inning." "But," repeated he with a malicious twinkle "then we lost 'em." Errors did it Monday night and other incidents on previous nights. Wonder what will happen in their next quest for laurels?

Despite the pious of the softball executive, the face lifting promised the one and only diamond for the local league will continue to be only just that promised. We have seen softball diamonds in the surrounding district of schools and hamlets which would not only put that uneven morass of grass and hills to shame but would high but is on the way past. There are enough bumps on the local diamond to fill in Fairy Lake and that isn't exaggerating much that is. 'Tis too near the play-offs to be comical. What would "Cookie" say if his team lost all over a bump?

EATING OUT

Even if you must eat all three meals a day in restaurants, you can still select healthful foods according to the health authorities. They suggest that Canadians study care menus with health in mind, and warn that, no matter how they are priced, too many sweet or starchy foods are not healthful in the long run. As a tip on eating out, the experts point to whole wheat, rye or "Canada Approved" bread. These are necessary for health maintenance. Restaurants will stock healthful foods if there is a regular demand for them.

BRITAIN'S BIRTH RATE RISES

The birth rate in Britain for the quarter ended December 31, 1946, rose to a level of 20.5 a 1,000 of the total population. This is the highest birth rate recorded since 1921. The rate for the corresponding quarter of 1945 was 15.3 and for 1938 13.8. The infant mortality rate was 44 a 1,000 of related live births, which is 7 a 1,000 below that for the equivalent quarter of the 10 preceding years, 1936-45. The reproduction rate was 10 per cent above that required to maintain the population.

Acton Lost on Saturday by 1 Run to Milton

Battle Right up to Ninth Inning When Milton Got Winning Run

Acton Intermediates visited Milton on Saturday and dropped a close game in the ninth to the County Towners by a 5-4 score. The local nine all played a fair game although no one individual stood out. Chabun went the route for Acton with Lindsay receiving while Milton used two pitchers, Porter for six innings and Braun for the remaining three with D. Brush catching.

Milton counted first in their half of the second frame with runs by Toletzka and Nadalin. Evans doubled in the fifth and came in on Chabun's single to count Acton's first run. Again in the seventh Milton crossed the plate and evened the score.

Milton came back in their half of the seventh with two runs by Clements and Houston which made the score 4-2 for Milton. In the eighth, Acton tied the score when Masters banged out a nice double to bring in J. Waterhouse and Evans, both of whom had previously hit singles.

Milton scored their winning run in the last half of the ninth when Bank singled, stole second according to a questionable decision by the base umpire and came the rest of the way on a hit by Toletzka and Nadalin. In different games the folly of having the home team pick a base umpire has been pointed out. It seems that the only way to settle the argument once and for all would be to have the base ump a neutral and governed in the same manner as the "man in blue" behind the plate. In Georgetown last week nothing more could be wished for while in other games of the week some of the decisions appeared to be slightly off color.

A glance at the score book shows that Porter had 6 and Braun 1 strike out and gave up 6 walks while Chabun had 3 strike outs and 4 walks. Both teams chalked up a double play, Milton in the second when Kentner and Waterhouse went out short to second and first and Acton in the fifth when Brush fled to short and Bank was caught off third.

Box Score: R-H-E

Table with 2 columns: Team, R-H-E. Milton: 020-000-201-5-15-2. Acton: 000-010-120-4-9-1.

Table with 2 columns: Player, AB R H E L B S B W. Lists stats for players like Masters, Morton, Foutitt, Lindsay, Kentner, Waterhouse, Evans, Robinson, Chabun, Milton, Clements, Houston, Blinn, Bank, Toletzka, Nadalin, Poddie, Porter, Braun, and Umpires Timis and M. Coxie.

Less than four out of ten Canadian homes are equipped with central heating systems.

VIRGINIA CREEPER PROTECTED BY DDT

Until the introduction of DDT, the control of the grape leaf-hopper was usually a difficult matter. This leaf-hopper is a small insect which lives by sucking the sap from the under-surface of Virginia Creeper, grape, and occasionally other plants. As a result of this insect's attacks Virginia Creeper becomes dry and listless and a questionable decoration of the walls and porches of many homes, while at the same time an undesirable nuisance may be created by the swarms of tiny whitish insects greeting anyone who unwittingly walks too close to the vines.

However, DDT has solved the problem. Most gardeners are satisfied with dusts containing 5 per cent, or 10 per cent DDT but 3 per cent dusts as well as sprays give good control results when properly applied. The sprays may be made by mixing 2 pounds of 50 per cent wettable DDT with 100 gallons of water.

The dust of spray advises R. H. Handford, Dominion Entomological Laboratory, Kamloops, B. C., should be applied thoroughly so as to cover completely the under-surface of the leaves. The first application should be directed against the adults and to do this it should be made when the leaves are about half grown. At this time, control methods may not appear warranted because few adults are evident, but if their small numbers are not reduced then, their progeny is likely to cause serious injury and annoyance later on. A second application of DDT should be made two weeks after the first, and from then onwards the leaves should be examined every few days to look out for the appearance of the minute, whitish, wingless leaf-hopper.

To avoid discoloring sinks and basins when a tap is dripping, drape a cloth from the faucet to the drain until the washer can be replaced.

COMMUNITY UNITY

A Synopsis of Various Sport and Athletic Activities

By JOHNNY GRAY

After having had the use of the pond in Acton Park to swim in, a number of people in Acton, especially boys and girls, are disappointed now that it has been condemned. This comes at a time when swimming is the most popular activity of the season, making the absence of it really felt. The absence of a suitable place to swim has brought forth the statements such as "Why don't we get a swimming pool in Acton?" "Why don't they clear out the pond?" "I am very anxious that my boy and girl should learn to swim." "My husband was nearly drowned once trying to save a little girl, and only because he couldn't swim himself." These are just a few of the many remarks made to me over the telephone and out on the street. Since the Acton pond is out of bounds, there is no place for those who cannot swim to learn. No place for anyone to go on a hot day for a dip. In fact there is just no place for anyone in Acton to go swimming. Medical authorities all over the country have warned against the "Old Swimming Hole" as a precaution against Polio. The closest swimming pool west of Acton is in Brampton and travelling west from Acton there is one in Guelph.

A swimming pool is the safest place to swim for a number of reasons. First, the water is pure since it is filtered continually just like our drinking water and as a safety measure it is chlorinated. Second, you know where the deep and shallow water is since the changing depths are marked along the sides where everyone can see them. It's safe because you can't get too far away from any end or side. It's safe for kiddies and swimming should be a must for children and grown-ups too. It's the best all round exercise there is and the healthiest.

A number of communities in Ontario have been successful in providing a swimming pool for their citizens and there is no reason why Acton couldn't do the same. I have already spoken to a number of Actonians who have shown a keen interest in such an important venture and I would be happy to hear from others. You will find me swinging a paint brush at the front or the back of the "Y." Let's have your comments for or against. The advantage of having a swimming pool is that it won't be condemned every year.

Swimming After Eating - Something must be said about a general rule for safety about which some confusion exists. It has been stated that a person should wait for an hour or an hour and a half after eating before entering the water. It has been said that the process of digestion and vigorous exercise do not go together and that a person may suffer a stomach cramp and drown as a result of going into the water too soon after eating. Any physician, physical instructor, games instructor or coach would discourage anyone from indulging in golf, a strenuous tennis match, a football, baseball or basketball game or any other such vigorous sport immediately following a meal. The same rule has not been applied to swimming because it is believed to be a gentle exercise. Nothing could be further from the truth. Swimming is a vigorous exercise for more than 90 per cent of those who indulge in it. It's a good safety rule to wait for at least an hour before swimming.

SIDEWALK CONVERSATIONS

It is one of the pleasant features of life in a town like Brampton, that there are so many pleasant conversations as people meet on the streets and walks. They are constantly meeting their friends and exchanging remarks on their activities and interests. There are many inquiries about people's families and as to what people are doing.

People's lives may be so busy that they have little time for social calls but they see friends as they meet on their daily errands. They find pleasure in friendly inquiries or in talking about things that have recently happened.

Many people are so busy and hurried that they cannot take time for such talk. If one can spare a few moments to chat with some friend, the time is valuable in keeping in touch with the things one's friends are doing and with the home town activities.

Italy hopes to recapture its pre-war tourist trade.

DIVE FOR SAFETY

Unless you can dive, when you go in for a swim, you should certainly hold your nose as you take to the water feet-first for, says the health experts, water forced up into the nostrils can carry infection to nose, throat and sinuses. Man isn't like the duck, which can close its nostrils under water. And, unlike the duck, human beings haven't that special eyelid which protects the eyes under water, so swimmers should try to see when submerged as rarely as possible.

ENDURANCE OF HEAT

Farmers who work out in the sun most of the time and those whose work keeps them in the open air, do not usually seem to mind hot weather greatly. Also athletic people are in most cases able to play their games when the thermometer is up in the nineties. It would seem that the

more people engage in outdoor activities, the stronger they will be, and the better their bodies will adjust themselves to the extremes of heat and cold. It is a suggestion of the marvels of our bodily existence that people can stand these extremes of weather as well as they do. The body that can live and work both at 95 and zero is a wonderful product of creation.

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