

NORMAL FATIGUE

It is natural to be tired—healthfully fatigued, after an expenditure of energy, and the Department of National Health and Welfare, Ottawa, reminds Canadians that this is part of the process of living. The Department also points out that fatigue produces waste products and that rest and sleep are essential to restoration of body cells. So all must have sufficient sleep for health, with children needing more rest and sleep to compensate for growth and youthful frolics.

QUEEN POLK

Averaging the number of strokes that the soft bearded and tough bearded required to dispose of unnecessary whiskers, the Sarasota Herald Tribune comes up with the doleful news that the average man requires 213 razor strokes to do the job. Anyone who is handy with a pencil can quickly figure that, allowing two inches to a razor stroke, shaving for say forty years will have covered something better than 98 miles of face. Yet those same persons will have to get the car out to go two blocks to the drug store to get a package of cigarettes.

MISS ALLAN
Reg. Chiropodist

Treats Foot Ailments
Also carries light comfort-able arches and other appliances for foot comfort.

BY ARTHUR STREET
GUELPH
PHONE 1286J
By Appointment

Prevent Disease To Farm Animals

Diseases which attack Canadian farm animals arise from three main causes: Many diseases, such as tuberculosis and contagious abortion, are caused by invisible microbes or germs which may be transmitted from one animal to another. Some diseases are due to animal parasites, such as round worms, tapeworms, lice, fleas and cecidias. The third are deficiency diseases, which develop when some of the essential substances such as minerals or vitamins are absent in the ration. Even though an actual deficiency disease may arise, a rational lacking these substances may become so poor in health that it will be susceptible to other types of disease.

Prevention is better than cure. Among the preventive measures, suitable buildings, good ventilation and sanitary surroundings are important in maintaining health. In districts where mineral or vitamin deficiencies are known to exist, special rations should be provided to avoid or overcome nutritional disease. If an infectious disease occurs, the suggested methods of control should be followed to limit and guard against the spread of infection through the herd or flock. Perhaps the most important preventive measure is to avoid the introduction on healthy premises of animals from infected sources, or from herds or flocks whose health is unknown or uncertain.

The old fable was romantic and colorful. It told how Santa drove over the rooftops with his prancing reindeer, that he descended the chimneys and filled with toys and various gifts the stockings which the youngsters had hung up in anticipation of his coming.

RECOLLECTIONS OF ACTON

BACK IN 1897

From the issue of the Free Press of December 23rd, 1897.

At the nomination meeting on Monday for the 4th division of the County Council to fill the vacancy caused by retirement of Dr. Robertson, County Registrar, at Brookville, Mr. George Hall of Acton was elected.

At the regular meeting of Acton I. O. L. No. 467, the following officers were elected: F. H. Smith, W. H. Walker, R. B. Johnston, T. J. Edmiston, D. McDonald, Ed. Gamble, J. Hauer, James Wilson.

The government has decided to permit Americans to ship goods into Alaska through Canadian territory in bond.

The merry music of the sleigh bells gives Christmas tide a seasonable flavor.

BORN

NORRISH In Nassagaweya on Saturday, 11th December, to Mr and Mrs. Ernest L. Norrish, a son.

DIED

McPHAIL In Acton on Tuesday, 21 December, Annie Foghes, wife of Thomas A. McPhail, aged 25 years.

BACK IN 1927

From the issue of the Free Press of Thursday, December 20th, 1927.

Happy New Year
The lighted Christmas tree and grounds at Sunderland House have been quite an attraction all week.

A splendid program was given by Knox Sunday School scholars at the Christmas entertainment in the Town Hall on Tuesday evening.

Splendid services of song were given by Knox and United Church Chorus on Christmas Sunday. Cantatas were presented in both churches.

The annual High School "At Home" took place last Thursday evening. Mac Stewart ably fulfilled the duties of chairman. After the program refreshments were served and the rest of the evening spent in promenades and dancing.

MARRIED

INGLES-BURNSIDE At the United Church Parsonage, on Saturday, December 21st, 1927 by Rev. C. L. Poole, B.D., Dorothy Burnside to George Frederick Ingles, of Toronto.

DIED

McENERY At his home, Lot 4, Sixth Line, Erin, on Friday, December 23rd, 1927, William Palmer McEnery, in his 40th year.

SHIPPING CATTLE UNDER DIFFICULTIES

Difficulties and the overcoming of difficulties, confront the farmer all the world over and every corner of the globe has its own special brand of hazard to the farmer. In Western Australia, for example, the worry to the stockman is the long trail and transport of live cattle, with particular snags looming up at the distant shipping ports. Shipping live cattle in Western Australia is a big part of the work of coastal vessels, says the Australian News. At the beginning of their 2,000 mile journey from their stations in the Kimberleys in the far northwest, the cattle are taken by drovers to a western port and driven down gangways, or races as they are called in Australia, on to the jetties which may be more than a mile long. At some of the northwest ports, the tide drops 30 to 40 feet, leaving ships on the ocean bed and allowing passengers to walk around the boat almost dry-shod. This means that the cattle must be urged down the gangways from the end of the jetty right down into the ship's hold. As the tide rises, sections of the gangway are taken off until eventually, as the ship appears above the level of the jetty, the last of the cattle have to climb to enter the ship.

The trouble with keeping up with the Joneses is that there is no end of Joneses.

BAD NEWS FOR CROOKS

The life of an international crook is by no means one of roses all the way, for he never knows at what moment the police may pounce. When the International Police Commission really gets going his existence will become even more hazardous, for within a very short time of committing his crime the police of the world will be watching for him.

C. R. Howitt, a former Chief Inspector of the City of London Police, told listeners to the BBC's "Radio News Reel" something of this International Police Commission, which has as one of its most urgent concerns the perfecting of confidential wireless communication throughout the world. In 1945 the International Police Force Wireless Service was set up by the Commission, with the headquarters of the Paris police as its controlling station and last year messages were passed between Scotland Yard and police headquarters in many European countries, whilst to-day there is direct wireless communication with the police of many of them. "This means," said Mr. Howitt, "that information about any international or fugitive criminals can be wireless direct from Scotland Yard to any of these countries at a time, or through the Paris headquarters to all of them simultaneously. Regional districts of Great Britain are being linked by wireless with Scotland Yard, the headquarters for Britain. All this has been made possible by the rapid development in short-wave transmission, which has overcome many difficulties that held up the scheme before the war. It should only be a matter of months before America is also brought into the picture, though Scotland Yard is not slow, of course, to use the present available means of radio telephony to America. But a radio-telephone network for exclusive police use will obviously be an invaluable aid to the arrest of crooks, in the recovery of property and in the question of time."

COOK'S TOUR

The story is about a man who went into a drug store and forgot the name of the medicine he was sent for. "What does it sound like?" said the druggist. "Well, let's see," mused the druggist. London - Chicago - San Francisco - Liverpool. "That's it! That's it!" said the man brightening up. "Carter's Little Liver-pools!"

MENTAL HEALTH

True happiness, say Ottawa health authorities, calls for more than mere brain. Brain, too, must be employed. The Department of National Health and Welfare, in a statement, comments on the inter-relationships of physical and mental health. No matter how muscular or strong a person, such attributes of mind as self-control and intelligent direction into acceptable activity are required to ensure true well-being.

Many Good Wishes

To you this glad Christmas season and may it be yours to enjoy contentment and prosperity during all the years to follow.

L. W. AGAR



May the Christmas Day of 1947 be merrier than any Christmas Day you have ever had before and the happiest holiday season.

Highway Garage

Alex. Melane, Prop.



Merry Christmas

May your Christmas and New Year be filled with a radiance of happiness for you and your dear ones.

Whitham's Garage

ACTON



MERRY CHRISTMAS

Old and traditional as Christmas itself are our new and bright wishes for a sparkling year of health, wealth, good cheer and happiness.

McEachern Electric

ACTON



Gay with sincerity and brightness are our glad Christmas-wishes for you and yours. May this holiday be the finest ever. May your New Year be the happiest in all the world.

Rachlin's

ACTON

Christmas

Every day we feel appreciative of the favors of our patrons and of all courtesies shown us but it is especially at the Christmas season we like to pause and think back over the pleasures derived from our business dealings. So here's wishing you the best of health, the most of wealth and greater happiness than has been yours before.



Hotchen's Bakery

We all join in Wishing you a **MERRY CHRISTMAS** and a Happy New Year

MANNING ELECTRIC