

Firefighters aid research...

Acton Firefighters will make a house-to-house canvass to aid the Muscular Dystrophy Association of Canada which is holding its annual fund raising drive from November 1-15.

The Association, which was founded in 1954 by parents of dystrophic children now has the support of about 20,000 volunteer workers. Over the past 13 years it has raised almost five million dollars for biochemical and genetic research relating to muscular dystrophy.

The disease continues to defy efforts of scientists to crack its mystery. It is genetic (meaning hereditary) causing progressive deterioration of body muscle. Steady progress is being made

in studies of the physiology, structure and function of the muscles, however, as a result of research. The exact role of enzymes and chemicals in muscles, which previously had not been well understood, is now being clarified.

A great stride forward was made when by means of a blood test for a chemical called creative-kinase, it became possible to identify the carriers of muscular dystrophy.

The disease could be drastically reduced if carriers bore no children. But the prime target of research is still prevention or cure by medical treatment.

Be generous when a Firefighter calls at your door.



THE WEATHERVANE, restored hotel at Rockwood, is most attractive home of restorer, decorator and author Don Stewart and his wife. Luncheon was held there Tuesday to introduce his book. Above, a corner of the living room. (Staff Photo)

Free Press Editorial Page

Preserve our history...

Certainly not a new idea but one which deserves more attention as time slips by is a repository for old pictures depicting the history of Acton.

This was brought to our attention again this week when Joe Hurst brought in an old sports picture for use in this newspaper. He mentioned that the recreation committee, when he was secretary was then advocating a show case in the community centre to display old photos.

A booth at the Fall Fair the same year attracted a great deal of attention from people who spent much time looking up familiar faces and gazing on the visages of the pioneers who shaped the town and district.

As time goes by and younger people replace those who were familiar

with old pictures around the house take on more importance. Often what is a priceless heritage is thrown away, mistaken for something worthless.

There are many people in Acton and district with pictures and other pioneer documents who would like to see them preserved in a place where they are accessible for future generations to see.

The recreation committee's idea of a large case in the community centre certainly had its merit especially for pictures depicting sports and recreation. Perhaps the library or some other municipal building would be more suitable for pictures of a different theme.

As centennial year comes to a close it is something worth thinking about and a worthwhile project for any interested group or service club.

Exercise key to health...

Tiredness and fatigue, which plagues nearly every Canadian adult each day are unnecessary and preventable.

This state of below-normal health, which predisposes to subsequent sickness and disease, can be attributed primarily to lack of oxygen being carried to the active tissues.

Dr. R. J. Shepard, of the department of hygiene, University of Toronto, reported in The Medical Post, says that at least 90 per cent of adults in Canada can stand to have this oxygen transfer improved. A maximum of only 15 per cent to 25 per cent of Canadian adults can be classed moderately fit or better, says Dr. Shepard.

In addition to poor exercise and growing inactivity the major cause for the below-normal health standard is diet, which in turn controls body fat and atherosclerosis. Deterioration of the body tissues often starts in the teens in Canada, whereas it starts much later in countries where people are dependent for survival on hard physical work.

The prominence of arterial pathology in the illness and mortality figures should prompt more family physicians to advocate exercise programs for their patients at each general physical examination. This may be walking, or it may be such exercises as stepping up and down on an 18 in. high stool 20 or 30 times a minute for gradually lengthening periods of time each week.

The obvious improvement in pulse rate and in general well being alone can be gratifying to the patient, says Dr. Shepard. Continued mild exercises, especially if combined with normal or below-normal weight, can be much more effective and beneficial than exercising to exhaustion.

Overweight people, however, should exercise only in moderation until their normal weight is reached, says Dr. Shepard.

Sugar and Spice

by Bill Smiley

As Gilbert and Sullivan tunelessly pointed out a good many years ago, "A policeman's lot is seldom a happy one."

And it certainly hasn't grown any happier in the interim, as even a casual glance through the newspapers will tell you. Everywhere, policemen are unhappy. In the cities, they talk of strike action. In small towns, they resign right and left, usually in a cloud of recrimination.

Why are they fed up? For a whole lot of reasons. It's only surprising so many of them stay at it.

First of all, they are poorly paid. This fine, old tradition probably dates back to the days when a cop was a "dumb flatfoot". Lucky to get a job with some security involved. During the Depression, the town cop was envied because he got a pay check, be it ever so humble, every week.

Secondly, they must cope with continued interference from elected officials, or local big shots. It might be the Chairman of the Police Commission, more concerned with paring his police budget than with the quality of the policeman. Or it might be the fellow who belongs to the same service club as the mayor, and expects special treatment, whether it's a parking ticket or drunk driving charge. This is hard to take.

Another thing that bugs them, even those who like the work, is the hours: working holidays; special details; calls in the middle of the night.

And, of course, there's the job itself. Much of it is routine, even boring. Everything in triplicate. But a Saturday night can be a nightmare. How would you like to cope with a drunken fight at a dance? Or a stolen car, driven by a kid at 100 miles an hour? Or a couple of plastered prostitutes belting you about the head and ears with their handbags, cheered on by the mob? Or a call from delighted neighbours, at 2 a.m., telling you that Joe Scheiss is beating the brains out of his wife?

And that's on top of the ordinary stuff: petty thefts, gang rumbles; car crashes; street beatings; jeering hoodlums.

But I think all these things are secondary. There's something else that has turned the placid policeman of even 20 years ago into a mean cop. And that's the attitude of the people. It's fairly new and very nasty.

I notice it, with dismay, among teenagers. Even the decent ones sneer at "The Puz" as they term our stalwart guardians of the law. I don't know where they got it—perhaps from movies and television—but they seem to think the policeman is some sort of brutalized Gestapo type looking for trouble.

A few policemen, of course, foster this attitude. There are always a few bullies in uniform who release their own psychological perversions. But they are a tiny minority, usually curbed by their peers.

Even more disturbing, perhaps, is the number of adults who will stand around and watch a policeman being beaten up, and enjoy it.

There's always, of course, been war between the police and the populace. But it used to be a good-natured, fun-war. You tried to circumvent the law, whether it was swiping apples or beating the speed limit. If you were caught, you grumbled a bit, lied like a trooper, and probably got off with a warning. And everybody was happy.

Now it's open and blatant battle. It's vicious and ugly. It is fanned by newsmen and television. They always seem to be there when the cops are manhandling some screaming punk, but are never present when some constable is being kicked into jelly.

I've met a lot of cops in my day, some in the line of my duty, and, I hasten to add, some in the line of theirs. A few of them were real hoods, but the vast majority were decent, ordinary chaps who would go out of their way to be helpful.

It's a rotten job, but remember, men, somebody loves you.

Free Press

back issues

20 years ago

Taken from the issue of the Free Press of Thursday, October 30, 1947.

Last Friday the Teen Towners were holding their elections. That's what the parade and band were for. The clown band led the parade and then the various candidates Roy Kirkness with a well-decorated truck pulling a democrat on which the candidate was sedately seated surrounded by election signs.

Candidate Ernest West came next on a small wagon pulled by two loyal supporters. The third float was that of candidate Frances Chew which consisted of an old flivver gaudily painted and surrounded by her supporters.

A horse-drawn cart carried candidate Joan Coles with supporters and signs. Candidate Duval, dressed in tuxedo, top hat and cane, came next in his limousine driven by his colored chauffeur.

An election dance followed and Roy Kirkness was elected Mayor.

The Y's Men have arranged a night of Halloween fun at the arena.

The Ladies' Aid presented a splendid musicale at the United Church. Taking part were Shirley, George and Jane Elliott; Mrs. Veldhuis, Elaine Huhnel, Frank Bean, David Cullem, Freida Harris, Miss Dorothy Simmons, Joanna Veldhuis, Irene Evans, B. Gibson, J. Feltner, Muriel Rolston, Muriel Burns, Shirley Rolston, Annette Evans, Mrs. McLean, Erna Wilderapin, H.W. Baxter and Miss Franklin.

75 years ago

Taken from the issue of the Free Press of Thursday, November 3, 1882.

Very little business required attention at the brief session of municipal council. D. Graham was appointed as collector of state labor tax. Accounts passed were D. Mills, beaming \$1.25; H.P. Moore, printing and adv. \$5.45; J.V. Kennavin, coal oil \$10.34; R.D. Graham, wire etc. for fencing cemetery \$14.17.

A Gaelic Society has been formed in Guelph.

Mr. William Homstreet, who has negotiated the sale of considerable property lately has just effected the sale of the William Moore farm, Lot 31, Cons. 3, Esqueping, to Mr. James Quantic for \$4,500. Mr. Quantic will go on at once to do his fall ploughing.

The arrangements at the central office of the Bell Telephone Company here are now complete. New instruments have been put in throughout and with the new metallic circuit, conversation can be carried on between Acton and Toronto with almost as much ease as with local subscribers.

Some of the sidewalks have loose planks and holes which should be filled in before the frost sets in.

The usual nonsensical pranks were played on Monday night - All Hallowe'en.

100 years ago

Taken from the issue of The Canadian Champion, Milton, October 1867.

We hear that it is the intention to organize a Dramatic Association in Milton. From the well known histrionic talent of some of the gentlemen engaged in the matter, and having now an excellent hall for such purposes, it will no doubt be a source of amusement during the winter months.

We were misinformed as to the annual teacher's salary at the Acton school. It is only \$500.

Mr. William Panton, Milton and Mr. Walter Matheson, Simcoe, passed a very creditable examination before Major Coldhurst and Adjutant Mansergh, (17th Regiment) at the Military School, Toronto, and obtained second class certificates.

50 years ago

Taken from the issue of The Free Press of Thursday, November 1, 1917.

Chief Lawson is after the boys who smashed the lock of Knox Church stable, from which several chickens have been stolen.

Hallowe'en parties were quite popular last evening.

Pte. J. Appleford and Pte. Jos. Fry have been invalided home from the front. Esqueping township council will tender them a reception and present each with a gold watch.

Aeroplane C144, in charge of Flight Lieut. McKenna of the Royal Flying Corps, alighted in the field of Mr. Fred Clave, third line, opposite the head of Mill St., on Sunday afternoon at 2:30 o'clock. He got into unknown territory and his gas was running low. He had missed his mid-day meal and Mr. R.N. Brown invited him in for dinner. The plane was at its resting place for two hours and during that time was visited by hundreds of our citizens. Motor cars and horse vehicles lined the road with sightseers. To mark this was the first view at rest of an aeroplane. Between four and five o'clock, after taking on ten gallons of gasoline, the giant bird shook her wings and soared aloft and sped away toward Toronto.



Photo from album shows downed aeroplane

Free Press

Church Notices

THE CHURCH OF ST. ALBAN THE MARTYR ANGLICAN
Corner Willow St. and St. Alban's Drive
Rev. Ritchie McMurray, M.A., S.T.B.

SUNDAY, NOVEMBER 5, 1967
Trinity XXIV

9:00 a.m.—The Holy Eucharist.
Cocoa and rolls will be served following the Eucharist and a movie of interest to teenagers will be shown.
All teenagers are welcome

10:30 a.m.—Church School
10:30 a.m.—Holy Eucharist

BETH-EL CHRISTIAN REFORMED CHURCH
Minister — Rev. F. Browner
Acton, Ontario.

SUNDAY, NOVEMBER 5, 1967
10:00 a.m.—English Service.
11:10 a.m.—Sunday School.
2:30 p.m.—Alternating Dutch and English Service.
Saturday — Bible Classes 10-12 a.m.
Everyone Welcome

MAPLE AVENUE BAPTIST CHURCH
81 Maple Ave., Georgetown
Pastor: Robert C. Lohme

SUNDAY, NOVEMBER 5, 1967
9:45 a.m.—Sunday School.
11:00 a.m.—Morning Service.
7:00 p.m.—Evening Service.
Wednesday, 7:45 p.m.—Prayer Meeting.
Acton 853-1956 Georgetown 877-4645

ACTON BAPTIST CHURCH
Founded 1842
Pastor: Rev. Stanley Gammon
Res., 144 Tides Ave., Ph. 853-1615

SUNDAY, NOVEMBER 5, 1967
11:15 a.m.—Morning Worship. "An All Important Question"
No evening service here.
Induction Service, Highland Road Church, Kitchener
Monday, 8 p.m.—Mission Circle
Wednesday, 7:30—Prayer & Bible Study.
Thursday, 6:30—Explorers.
Thursday, 8:00—Choir Practice.
Friday 7:00 p.m.—B. H. F. meets.

TRINITY CHURCH
(The United Church of Canada)
Minister:
Rev. Gordon B. Turner, B.A., B.D.
Organist: Dr. George Elliott, M.A., Ph. D.

REMEMBRANCE SERVICE
SUNDAY, NOVEMBER 5, 1967

10:45 a.m.—Cenotaph Service
11:00 a.m.—in Trinity United Church.
"Two Minutes Silence—Too Short."
Churchill United Church regular service cancelled in order to join Legion in Remembrance Services

SUNDAY SCHOOLS
Sunday School Classes are at regular times.
10:00 a.m.—Junior School (to Gr. 4).
11:15 a.m.—Senior School (Gr. 5 to Gr.8).

EVANGEL PENTECOSTAL TABERNACLE
P.A.O.C. 33 Churchill Road
Rev. S. M. Thoman, Pastor, 853-2715

SUNDAY, NOVEMBER 5, 1967
10:00 a.m.—Sunday School.
11:00 a.m.—Morning Worship.
7:00 p.m.—Evangelistic Worship.
Tuesday, 8 p.m. — Prayer Service and Bible Study.
Thursday, at 8 p.m. — Christ Ambassadors.

The "Lorne F. Fox Party" worldwide Missionary Evangelist Radio-Television Artists and Sacred Concert Pianist and Composer will conduct an area wide rally in the Tabernacle, Friday, November 17th, 7:30 p.m.

PRESBYTERIAN CHURCH IN CANADA KNOX CHURCH, ACTON
Rev. Andrew H. McKenzie, B.A., B.D. Minister
Mr. E. A. Hansen, B.A. Organist and Choir Master

SUNDAY, NOVEMBER 5, 1967
9:45 a.m.—Church School for ages 3 to 15 years.
9:45-10:30 a.m.—Minister's Church Membership Class for Teenagers.
11:20 a.m.—Worship and Remembrance Service. Sermon Theme: "The Dead Command and the Living Obey."
7:30 p.m.—Church School Staff meeting at 70 Young St.
Everyone Most Welcome

Centennial Picture Gallery



Well-known Acton family, the McPhersons were pictured years ago and the photograph kept for their memory. In the back row, left to right, are Elizabeth, the late Mrs. J. Symon, the late Robert; Jean (Mrs. R.F. Johnson); Nellie (the late Mrs. W.E. Noble); George; Mary (Mrs. G. Warriner); the late Christine; in the front row, left to right, A.M. (Archibald Macdonald); Edna (Mrs. Snyder); Mr. Archie McPherson; Robert, Frank and Mrs. McPherson.

Editorial notes...

Prediction of a long, hard winter are already being noised abroad by clairvoyant amateur weather prophets. They base them on the number of nuts squirrels are hoarding, long fuzz on caterpillars and the early flight of birds south. Judging by the height of some mini-skirts we'd say next winter is going to be wonderfully warm.

The demise of coal as a heating substance is illustrated by the fact you must go to another town to get it. Few people in Acton and district stoke up with coal anymore.

CN's passenger push looks as if it's going to pay off, according to a report in The Financial Post. Traffic is up sharply this year, with Expo's help, and long term growth is clearly visible on the non-Montreal runs. Policy for some centres obviously is different than it is for Acton and smaller towns like it.

THE ACTON FREE PRESS

PHONE 853-2010
Business and Editorial Office

Founded in 1875 and published every Wednesday at 59 Willow St. Acton, Ontario. Member of the Audit Bureau of Circulation, the C.N.S.A. and D.N.S.A. Advertising rates on request. Subscriptions payable in advance \$4.00 in Canada, \$7.00 in all countries other than Canada, single copies 10¢. Authorized Second Class Mail, Post Office Department, Ontario. Advertising is accepted on the condition that, in the event of typographical error that portion of the advertising space occupied by the erroneous item, together with reasonable allowance for signature, will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. In the event of a typographical error advertising goods or services at a wrong price, goods or services may not be sold. Advertising is merely an offer to sell and may be withdrawn at any time.

Printed and Published by:
David R. Dells, Publisher
Harry Coles, Editor
Don Byler, Business Manager
Copyright 1967 Adv. Manager