#### "ON NOVEMBER'S CHOIRED BREEZES"

Let us not with mournful musing Fret o'er follies of the past; Nor forever be accusing Once the dice of Pate are cast Rather let us in our sadness Turn to things of which we're proud, Seeing as a robe of gladness That which once we called a shroud.

When with aching hearts we listen For a voice we'll never hear. And our eyes in sadness glisten As we wipe away a tear; Let us not be only copies Of those fears we wish to hide, But beneath our scarlet poppies Let our hearts beat loud with pride.

On November's choired breezes, In the distance, hear it swell? . . . 'Tis an anthem that well pleases, From the throats of those who fell: "Stand not only wrapp'd in Sorrow. But lay hold on Life instead-Pashion now that great To-morrow As a tribute to your Dead!"

#### TWENTY YEARS AGO

From the Issue of The Free Press Thursday, November 30th, 1916

Mr and Mrs. George Roszell returned this week from a lengthy visit in the

North West. Mrs. George Havill-and Mrs. W. Laird were delegates to the Provincial Women's Hendry at Government House.

Mr. N. P. Moore as instructor.

to Mr. Hardy, are removing to Acton.: Last Sunday was Epworth League Day in the Methodist Church, and the ser-

the occasion. News from the 164th Battalion-The the 205th Hamilton Tigers. Bugler J. D. Loutitt gave several bugle calls at the whiteers! Mr. Barbeau brought with talnment on Monday evening.

#### BORN

GRACE - At the General Mospital,

Guelph, on Saturday, November 11th, 1916, to Mr. and Mrs. E. W. Grace, enough to understand his songs. Acton, a son-Lloyd George.

DIED STONE-At Grace Hospital, Toronto, on Monday, November 37th, 1916, William T. Stone, aged 62 years.

DALTON-Killed in action, "somewhere native Indian walked backwards and forin France," on September 20th, 1916, Charles W. Dalton, dearly beloved husband of Lile Griffith, formerly of

### WHY DON'T YOU RELAX?

speed all day long without stopping"; Owl, as he became older, lived by the who are "so irritated they could throw proceeds from the trap-lines just the things": who are "ready to flare up at same as the other Indians, until at last the least little thing"; who are being he became intensely interested in the "driven to distraction".

of relaxation for the human organism life rather than destroy it. As his love is necessary for health, for at least some for the beavers grew, so did his desire part of each day. The more we can to preserve them and he did for the relax in both mind and body the more beavers what he might not have done rested we are for intensive physical and for himself. He made tremendous strides

mental exertion. number of people in our Canadian his scheme to protect the little beaver list, if people learned how to relax.

Sleep provides us with a period of life of our Canadian forests be handed relaxation, but additional short periods over to the only ones whom, he claims, of relaxation are beneficial during our know how to deal with it-the native working hours under modern conditions Indians. of living.

What does such relaxation do for us? It rests our muscles, improves our digestive system, reduces the work the heart has to do, and relaxes our arteries.

things-it removes fear, anxiety, warry, unger and dissatisfactions. The more we way of living. can keep our minds clear of these disturbing emotions the greater is our polse, our-mental calm, our capacity for reason and good judgment, and the greater are our chances for avoiding a nervous breakdown.

What state are you in right now? Are you in suspense, expectant, alert, concentrating intently, anxious fearful, annoyed, irritable, angry, or dissatisfied?

Why don't you sib back and relax? Relaxation is healthy. To let down to become physically quiet and passive. to relinquish responsibility and to forget door life he has led. . the future, to clear away the confusion of ambition and frustration and to cul- dreds of people gathered round the plattivate a mental calm-this is the way form for a chance to speak to Grey Owl, to rest the body and mind. Do it several to shake hands with him, and autotimes a day-preferrably after meals, graph hunters were there to get his It won't be easy at first. The trick of signature. I sat back and watched the Litting the world slip by without your crowd and I wondered-is their interest doing anything about it for a moment or so is hard. But by practice it can be learned, and with the habit will come moments of happiness and a longer. stronger life.

### RHODESIA GETS IERIGATION

On the Umgusa River, 12 miles from Bulaweyo, the first irrigation project in Southern Rhodesla is rapidly nearing completion. The reservoir will hold 200,000,000 gallons of water. The dam wall itself is being constructed on a bend of the river, and is to be 60 feet high and 1,000 feet long. It will give a depth of 40 feet of water inside and throw the water back for one and a half miles. The dam will Irrigate, incidentally, 13 twenty-were plots to be leased to suitable tettlers. The applications for these plots will be carefully selected and, to avoid speculation, the land will be granted only on leasehold, with the option of purchase in approved cases after five year

# Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLYNE P. CLARKE

in Book Pair week. -A. Strome Galloway.

> Ralph Connor was the second speaker that afternoon. Now I know there are many people who like Ralph Connor's books and they would probably have enjoyed his address, as he was speaking quite a bit about his own writing and how many of his books came to be written. But as I am not particularly keen on his books, I naturally did not altogether appreciate his address.

Institute Convention in Toronto, and ly. The first speaker was Marius Bar- Peter 5: 2). Onesimus had done wickthey also attended the reception of Lady beau, a Prench Canadian, and his sub-Ledly in robbing Philemon and running riddel of the resent eleckshen. Pa voted The Acton Boy Scouts have organized Barbeau felt that Canada is in danger that to work for good for Philemon tv. of 2 few sun flours on moddle T fords. a Bugle Band. Eight buglers and four of losing something, which if lost, can 15) and for the salvation of Onesimus Ma are for Pres. Rosenfelt & says it was drummers will compose the band, with scarcely be recovered and that is the folk (cf. Romans 8: 28; Gen. 45: 5-8; 50: Mr. and Mrs. Edwarl Baldwin, of the beau himself has been instrumental in inus would now be something immeasur-. third line, who recently sold their farm saving folk-lore from extinction in many ably more valuable to Philemon than a

suppose, appeared guite in keeping with "slaves" or "servants" after they and mons were very appropriately suited to his subject. How shall I describe him? you are converted; but that is the only He was not old-fashioned and yet there Christian way of looking at them. "See was a decided old-world charm about me in Onesimus," says Paul, "and remen are enjoying athletic contests with him which appealed to his audience at ceive him as myself." once-perhaps it was his mutton-choo! II. Vicarious Atonement, 18-20.

November 26th, 1916, to Mr. and Mrs. dialect. The old man was seventy-two, of Onesimus to my account."

Next on the program, and by special request, was "Grey Owl." When Grey Owl began to speak the microphones wers removed and; as he spoke, the tall wards, backwards and forwards, the full length of the platform. Clearly, unhurriedly, he told us the story of his life. How he had been adopted by the Olibway tribe and taught hunting and trapping by a very old Indian, well vers-We all know people who "go at full ed in the ways of the wild woods. Grey beaver family and formed the deter-They need to learn to relax. The state mination to protect and preserve wile towards a better education. He mixed . Authorities on the subject of relaxa- with the white, people as much as postion claim that there wouldn't be the sible, trying to stir up enthusiasm for mental institutions, and the long waiting Grey Owl asks nothing for himself. His only petition is that the natural wild

Grey Owl contends that large sums are spent annually by the Federal Government to keep the Indians in idleness -money which might be put to better advantage and the Indians be made hap-Not only does relaxition do these pler and more useful citizens, by being allowed to rewet to their own natural

> There was no doubting Grey Owl's sincerity and enthusiasm, which appeared to completely captivate his audience, and I rather fancy the time may yet come which will bring success to his appeal for his fellow countrymen and also his

> Grey Owl has a remarkable personality. He has a natural, easy grace, an alert manner; an expression which betokens hidden humor and a physique which hears testimony to the hard out-

After the meeting that night, hun-

#### THE SUNDAY SCHOOL LESSON (Continued from Page Two)

the Epistle to the Church of Colosse. where Philemon and Onesimus lived, Paul speaks of this converted slave as "the faithful and beloved brother" (Col. 4: 9). Through preaching the Gospet Paul had "begotten" him (1 Cor. 4: 15). Here we see the preacher's part in the New Birth, and also the instrument used by the Hely Spirit in the New Birth, the Gospel or the Word of God (cf. 1 Peter 1: 23; Jas. 1: 18). The name Are we frozen up. I wonder, for the "Onesimus" means "helpful.". Up to this duration of the winter? If we are, I time Onesimus had not been "helpful," Not bad a tall. suppose we cannot reasonably expect but "unprofitable" (or, "useless"): now, anything else, but oh, if we could only by the transforming power of the Gospel, have cold days without so much wind! he had become "profitable" (or, "of good However, it was not of weather condi- use;" (cf 2 Tim, 4: 11). In v. 12 Paul tions I promised to write this week, but speaks even more tenderly of Onesimus, to continue my story of the Book Pair. "My very heart" ("mine own bowels," as So back we go to Wednesday afternoon the A. V. translates, is more literal, the "bowels" being to the thought of that day the seat of affection, compassion and motion). Paul loved this slave whom he had led to the Lord, very tenderly

and longed for his companionship and service. As he belonged to Philamon, however, Paul would only have this service by Philemon's glad consent, not in the alightest degree by constraint. The only service that is acceptable to God or to Christ is that which is rendered volunturily, of glad free choice (Ps. 110: that. P S-If the lessens get much Wednesday I enjoyed myself immenso- 3 1 Cor. 9: 17; 2 Cor. 8: 12; 9: 7; 1 harder I may see what I can do. ject was the folk-lore of old Quebec. Mr. away from him, but God had made even for Governer Landen & says it was becos tongs of the Quebec habitant, (Mr. Bat - | 20; Ps. 76: 100; Acts 4: 27, 28). Ones-"slave"-"a brother beloved." What a

Mr. Barbeau, quite unconsciously I wonderful way of looking at one's

Garth Street Methodist Church enter- with him a 'delightful 'old-timer' - a obligations to Philemon upon himself, so place of refuge. French habitant in native dress, who the Lord Jesus has taken all of our ob-

words, yet his gestures it was easy count." God has done it (Isa, 53: 6: cells which act in separating the car-Gal. 3: 10, 13; 2 Cor. 5: 21). Onesimus bonate of lime from the body of the fish. had no need to fear to meet Philemon As the fish gains in size, the mantle does him; nor need we now have any fear of also increases. meeting God, much as we have sinned against Him, Jesus has assumed the full! measure of our indebtedness.

To me the Indian is a pathetic figure -a man deprived of his birthright; demoralized by our so-called civilization and his vitality and physical ability degenerated through an unnatural way The next day I was unable to spend

much time at the Book Pair and Priday occasing I came home, feeling that my short stay in Toronto had been the most satisfactory holiday I had spent in years I have heard "The Bookmen's Association" spoken of as being no mote than a publicity stunt for the benefit of the publishing houses. Perhaps it is-



THE MARSUPIAL FROG HOING IN THE HIGH PERUVIAH ANDES, WHERE THERE IS LITTLE OR HO WATER , DEPOSITS MS EGGS, HATCHES AND REARS H'S YOUNG IN A POUCH OH H'S BACK - SCIENTISTS HAVE NEVER LEARNED HOW THE PINCE

### SLATS DIARY BY OLIVER N. WARREN

Sunday: The preecher cum home with us for dinner & in the conversashen ast Pa sed he What do you think of a man who is all ways a deceeving his wife. & the preecher diddent seem to think it funny when Pa replide & sed he thot him a mirakel man.

Tuesday: What are life the teecher ast Jake who sed jist I darn thing after another so he herd. & Love? she ast Blisters & he sed 2 darn things after each another. She shuck her hed in disagust, but when I told it to Pa he sed

Wednesday: The teecher was tellen are class that they are a star above mutch biggern the whole world. Why dont it shed off the rain then, sed Jake in his dumness. & strange to say she uddent miser. Or diddent, no how.

Thursday: I red in the noosepaper where it sed the first U. S. A. publick skool was started up in Boston in 18 & 21 A. D. Witch with me done rime with the liberty my histry says the pilgrem fathers cum here to give to evry 1. & no a lot of other kids who see the

Priday: See where a man onct made a rekkord by walking from N. Y. to Fransansisko in 70 days & 10 hrs. Rate--Y bleeve I could hitch hiker it quickern

2 menney on Packerds & Linkens & Cad-

The homes that shellfish make for thenwelves are of all shapes, and are very beautiful, but they are often of extraordinary hardness. We may wonder how such a jelly-like thing can manage Just as Paul takes all of Onesimus' to form such a solld construction as a

halled from Quebec and who same for ligations to God upon Himself; Paul from the blood of the shellfish, which WINTERBON - In Acton, on Sunday, us many quaint action songs in a Prench says: "Put all the obligations and debts came from the rocks and which the fish Our gives out to harden and take the form Chas. C. Winterbon, a son-Kenneth but what a splendid voice he had! Al- Saviour says: "Put all the obligations and of the shell. A special part of the fish, though it was impossible to follow his debts of every believer in me to my ac- called the mantle, achieves this through now, much as he had sinned against also, and the quantity of lime deposited

#### SWORDFISH SINKS BOAT

After an encounter with a giant swordfish, the Fatch el Khair, an Arab dhow was sunk recently near Berbera, British Bomaliland. The passengers were awakened by a crash. Water poured in through a rent in the ship's side, made by the charge of the sea monster. The screams of the terrified people on board attracted another dhow, which rescued passengers and crew before the disabled boat foundered. The giant swordfish is rarely seen, but it is known and feared by all dhow masters. Its usual weight is 200 to 300 pounds, and its charge, with its sharp sword, easily penetrates the filmy timber of the native dhows.

there are tricks to every trade-but even who isn't wrapped up in his work simply if that be so, it is a publicity stunt that for the sake of the work, simply because also benefits the public, so why worry? he likes it."-Rudy Vallee.

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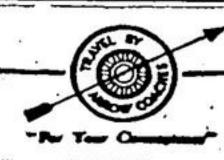
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### BUS SCHEDULE

EPPECTIVE SEPT. 27th, 1936 LEAVE WESTBOUND Daily ...... 9.45 a.m. Dully, except Saturday 11.45 u.m. Daily ...... 2.15 p.m. Saturday only ...... 3.15 p.m. Daily ...... 5.15 p.m. LEAVE EASTBOUND

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