

ON NOVEMBER'S CHOIR DREZZES

Let us not with mournful musings fret o'er follies of the past; For forever be accosting...

TWENTY YEARS AGO

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

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

Mr. and Mrs. Edward Baldwin, of the third line, who recently sold their farm to Mr. Hardy, are removing to Acton.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLYNE F. CLARKE

Are we frozen up, I wonder, for the duration of the winter? If we are, I suppose we cannot reasonably expect anything else, but oh, if we could only have cold days without so much wind!

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.

Wednesday I enjoyed myself immensely. The first speaker was Marius Barbeau, a French Canadian, and his subject was the folk-lore of old Quebec.

Mr. Barbeau, quite unconsciously I suppose, appeared quite in keeping with his subject. How shall I describe him? He was not old-fashioned and yet there was a decided old-world charm about him which appealed to his audience at once—perhaps it was his mutton-chop whiskers!

Next on the program, and by special request, was "Grey Owl." When Grey Owl began to speak the microphones were removed and as she spoke, the tall native Indian walked backwards and forwards, backwards and forwards, the full length of the platform.

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

Not only does relaxation do these things—it removes fear, anxiety, worry, anger and dissatisfaction. The more we can keep our minds clear of these disturbing emotions the greater is our peace, our mental calm, our capacity for reason and good judgment, and the greater are our chances for avoiding a nervous breakdown.

Why don't you slip back and relax? Relaxation is healthy. To let down, to become physically quiet and passive, to relinquish responsibility and to forget the future, to clear away the confusion of ambition and frustration and to cultivate a mental calm—this is the way to rest the body and mind.

On the Ungava River, 12 miles from Inulaweyo, the first irrigation project in southern Rhodesia is rapidly nearing completion.

THE SUNDAY SCHOOL LESSON

(Continued from Page Two)

the Epistle to the Church of Colosse, where Philémon and Onesimus lived, Paul speaks of this converted slave as "the faithful and beloved brother" (Col. 4: 9). Through preaching the Gospel Paul had "brought" him (1 Cor. 4: 15). Here we see the preacher's part in the New Birth, and also the instrument used by the Holy Spirit in the New Birth, the Gospel or the Word of God (cf. 1 Peter 1: 23; Jas. 1: 18). The name "Onesimus" means "helpful." Up to this time Onesimus had not been "helpful," but "unprofitable" (or, "useless"); now, by the transforming power of the Gospel, he had become "profitable" (or, "of good use"; cf. 2 Tim. 4: 11). In v. 12 Paul speaks even more tenderly of Onesimus, "My very heart" ("mine own bowels," as the A. V. translates, is more literal, the "bowels" being the seat of affection and emotion). Paul loved this slave whom he had led to the Lord, very tenderly and longed for his companionship and service. As he belonged to Philémon, however, Paul would only have this service by Philémon's glad consent, not in the slightest degree by constraint. The only service that is acceptable to God or to Christ is that which is rendered voluntarily, of glad free choice (Ps. 110: 3; 1 Cor. 9: 17; 2 Cor. 8: 12; 9: 7; 1 Peter 5: 2). Onesimus had done wickedly in robbing Philémon and running away from him, but God had made even that to work for good for Philémon (v. 15) and for the salvation of Onesimus (cf. Romans 8: 28; Gen. 45: 5-8; 50: 20; Ps. 78: 100; Acts 4: 27, 28). Onesimus would now be something immeasurably more valuable to Philémon than a "slave"—"a brother beloved." What a wonderful way of looking at one's "slaves" or "servants" after they and you are converted, but that is the only Christian way of looking at them. "See how in Onesimus," says Paul, "and receive him as yourself."

Beautiful shellfish homes. The homes that shellfish make for themselves 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 to form such a solid construction as a place of refuge.

Swordfish sinks boat. After an encounter with a giant swordfish, the Patch of Khar, an Arab boat was sunk recently near Berbera, British Somaliland. 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 boat, which rescued passengers and crew before the disabled boat foundered.

Scott's Scrapbook by R. J. SCOTT. Manpower was the motive force of an early attempt to produce a horseless carriage. A footman stood in a box in the rear and worked the pedals with his feet.

Interesting stamps of Papua. The marsupial frog living in the high Peruvian Andes, where there is little or no water, deposits its eggs in a pouch on its back. Scientists have never learned how the frog keeps its young in the pouch.

SLAT'S DIARY

BY OLIVER N. WARREN

Sunday: The preacher cum home with us for dinner & in the conversation Mr. Pa said he had done you think of a man who is all ways a deceiving his wife, & the preacher didn't seem to think it funny when Pa replied & said he had done that.

Tuesday: What are life the teacher and Jake who said just I darn thing after another so he heard, & Love? she said Blister & he said I darn things after each another. She shook her head in disgust, but when I told it to Pa he said Not bad a tall.

Wednesday: The teacher was telling are class that they are a star above much bigger the whole world. Why dont it shed off the rain then, said Jake in his dunness, & strange to say she eudidently may see what I can do.

Friday: See where a man once made a record by walking from N. Y. to Pansassko in 70 days & 10 hrs. Kate—I believe I could hitch hike it quicker than that. I believe I could hitch hike it quicker than that. I believe I may see what I can do.

Saturday: Are families has solved the riddle of the recent election. Pa voted for Governor Landon & says it was because of 2 low sun hours on middle of roads. As for Pres. Roosevelt & says it was 2 money on Packers & Lintens & Cadylax and etc. As for I & Unkel I then we coincide.

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I have never met a successful man who isn't wrapped up in his work, simply for the sake of the work, simply because he likes it.—Tudy Valle.

Any Time is Tea Time "SALADA" TEA

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ARROW BUS SCHEDULE

EFFECTIVE SEPT. 27th, 1936. LEAVE WESTBOUND: Daily 9.45 a.m.; Daily, except Saturday 11.45 a.m.; Daily 2.15 p.m.; Saturday only 3.15 p.m.; Daily 5.15 p.m.; Daily 7.15 p.m.; Daily 11.15 p.m.; Daily 1.05 a.m. LEAVE EASTBOUND: Daily, except Sunday 7.00 a.m.; Daily 9.10 a.m.; Daily 12.45 p.m.; Daily 4.30 p.m.; Daily 6.45 p.m.; Daily 9.00 p.m.

INSURANCE FIRE, CAR, ACCIDENT SICKNESS, ETC. E. HARROP. REPRESENTATIVE: Gore District Mutual Norwich Union. Canadian Fire Insurance Company. The Alliance Assurance Co. The Casualty of Canada Assurance Company. The Merchants Casualty Co. The Portage-La-Prairie Mutual.

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MUGGS AND SKEETER



by WALLY BISHOP

