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—GOING EAST—

7:36 a.m.—Daily, flag.
1:37 p.m.—Daily.
8:45 p.m.—Daily except Sunday.
—GOING WEST—
9:27 a.m.—Daily, flag.
6:16 p.m.—Daily.
12:35 a.m.—Daily except Sunday, flag.

—SUNDAY—
Going East—7:36 a.m. flag, 1:37 p.m., 8:52 p.m. flag.
Going West—9:27 a.m. flag, 6:16 p.m.

CANADIAN NATIONAL RAILWAY
—GOING NORTH—
8:01 a.m. | 7:15 p.m.

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**Experiments Yield Tips
On Beating Father Time**
Keep thin if you want to add to your life.

That conclusion is drawn from 10 years of research on the prolonging of life and the arresting of old age, which was conducted in the animal nutrition laboratories at Cornell University of Ithaca, N. Y.

The subjects for the long experiments were white rats. In 700 days they live the equivalent of 70 years in the life of a man. They show changes with age similar to those of human beings. Hair, eyes, size, bones, organs, all are affected.

When the experiments started 10 years ago the rats were divided into three groups. One group was permitted to grow normally by being fed unlimited quantities of a balanced ration.

A second group had its growth retarded by being fed a limited diet. The third group first was allowed to grow normally and then was retarded. All rats were given diets complete and adequate in all such essentials as vitamins, minerals and protein. Food limitation was only in calories.

All animals on unlimited diet were dead after about 700 days, while the other two groups survived longer. The Methusalem of the lot was an animal that lived 1,400 days, the equivalent of 140 years in man. This rat had been fed a "square meal"; in fact, it never had a "square meal."

Another experiment lasting four years confirmed the conclusion that life can be prolonged, and scientists then turned to studying the diseases of old age. They found that animals whose growth was retarded showed fewer tumors than those which grew normally.

X-ray and chemical analyses were used to study the degree of calcification of eyes and other organs. The rate at which bones became brittle with old age was likewise recorded. Other experiments were directed toward determining whether the middle-aged animal should take exercise and what food it should eat.

Rats were kept on a liberal diet until middle age. They were then divided into 16 groups. Some were kept thin by daily exercise and others by restricted calories; and some were given high-protein diets and some low.

In these experiments, the animals forced to remain thin had the longer life. Other factors were of minor importance. Fat animals had shorter lives. Exercise was beneficial to healthy animals and disastrous to those with organic weaknesses.

**Traffic Safety Campaign
Is Under Way in South**
A new Confederacy is being formed in the South—not to fight and kill in battle, but to end the ever-growing menace of death on the highways.

Hundreds of tourists are killed and other thousands are injured every year through the lack of uniform speed and safety laws and incomplete enforcement of existing regulations.

To curb this toll of motorists, Georgia Safety Commissioner Lon Sullivan has sought and found the co-operation of other state law-enforcement officers in a drive on highway fatalities.

The south-wide safety movement is directed especially toward Alabama, Tennessee, South Carolina, North Carolina, Virginia and Kentucky which catch the bulk of the annual migration to and exodus from southern seasonal resorts.

In Georgia, uniformed patrolmen are stationed throughout the day and night where U. S. highways 1, 17 and 41 enter the state, stopping every tourist car to acquaint the driver with state traffic laws. Each tourist is sent on his way with a booklet on accident prevention.

Laminated Building Arch
Although European builders for the last 30 or 40 years have made use of the glued laminated wooden arch for supporting the roofs of large buildings, this device is only beginning to be made use of in this country. The glued laminated arch is constructed by bending a one-inch board into a curve and then bending and gluing other similar boards to it, lengthwise and one by one, by means of pressure applied with clamps. These built-up wooden arches are being used in spans of 100 feet or more. The arches are capable of being built up to larger cross sections and greater lengths than usually are employed in wood construction and make possible the utilization of material that is too small to be structurally useful otherwise. Even such structures as vehicular bridges have been constructed with this type of arch for support.

**Martian Life 'Possible'
According to Scientist**
Studied observations by Dr. Theodore Dunham Jr., Mt. Wilson, Calif., astronomer, lend credence to one of astronomy's most intriguing possibilities—that some form of life exists on the planet Mars.

"Our present knowledge of the planet does not justify claims that Mars is devoid of living creatures," Dr. Dunham emphasizes.

The noted astronomer used the presence of Mars' mysterious white polar caps to substantiate his contention that it is possible some sort of life could exist on the earth-like planet.

"We are almost certain," he said, "that these white polar caps are composed of ice and snow formed by water vapor. The ozone temperature on the planet is too high to permit carbon dioxide to remain in an icy state for any great length of time."

"Thus, despite spectroscopic evidence showing little or no oxygen on Mars today, it is more likely that it has existed at some previous time and has combined with metallic compounds on the planet to form oxides. It is unwise to contend that there is not enough life-supporting atmosphere to maintain some state of life on Mars."

Dr. Dunham believes that by a lengthy process of evolution life in some form may have gradually adapted itself to the rigorous conditions which are known to exist on the distant planet.

The variations in size of the polar caps are attributed to climatic changes by the astronomer.

"The polar caps are striking things," Dr. Dunham said. "They diminish in size in the spring and reform in the fall. It seems logical that they are composed of ice which melts in warm weather and reforms in the cold."

"Perhaps when we have the new Hale telescope on Palomar mountain placed at our disposal, we will be able to throw more light on Mars, its canals and the possibility of life existing on the planet," he said. "Until then, however, we cannot justifiably conclude that the planet is uninhabited."

**'Real' Cheddar Cheese
Originated in England**
The natives of the little Somerset village of Cheddar, England, are very jealous of their reputation of making what they call the "real" Cheddar. They complain bitterly that the cheesemakers of the United States, Australia, and Canada have copied their product and that each of these countries now claim it as their own although it was produced in Somerset 800 years ago and was patronized by King John when on his hunting expeditions.

They also claim that "real" Cheddar can only be produced in that district owing to "the sweet limestone pastures, their finer grasses and clovers, and springs of pure water."

Yet strange to say, the first prizes for Cheddar at the London and other dairy shows generally find their way north of the Tweed, hundreds of miles away from Cheddar. However, the Cheddar people have one consolation, they can still boast that in the neighboring (village or) city of Wells at the United Dairies cheese factory is situated the largest cheese-maturing chamber in the world, which has a capacity of 100,000 cheeses, and there it is a common sight to see as many as 70,000 to 80,000 cheeses at one time.

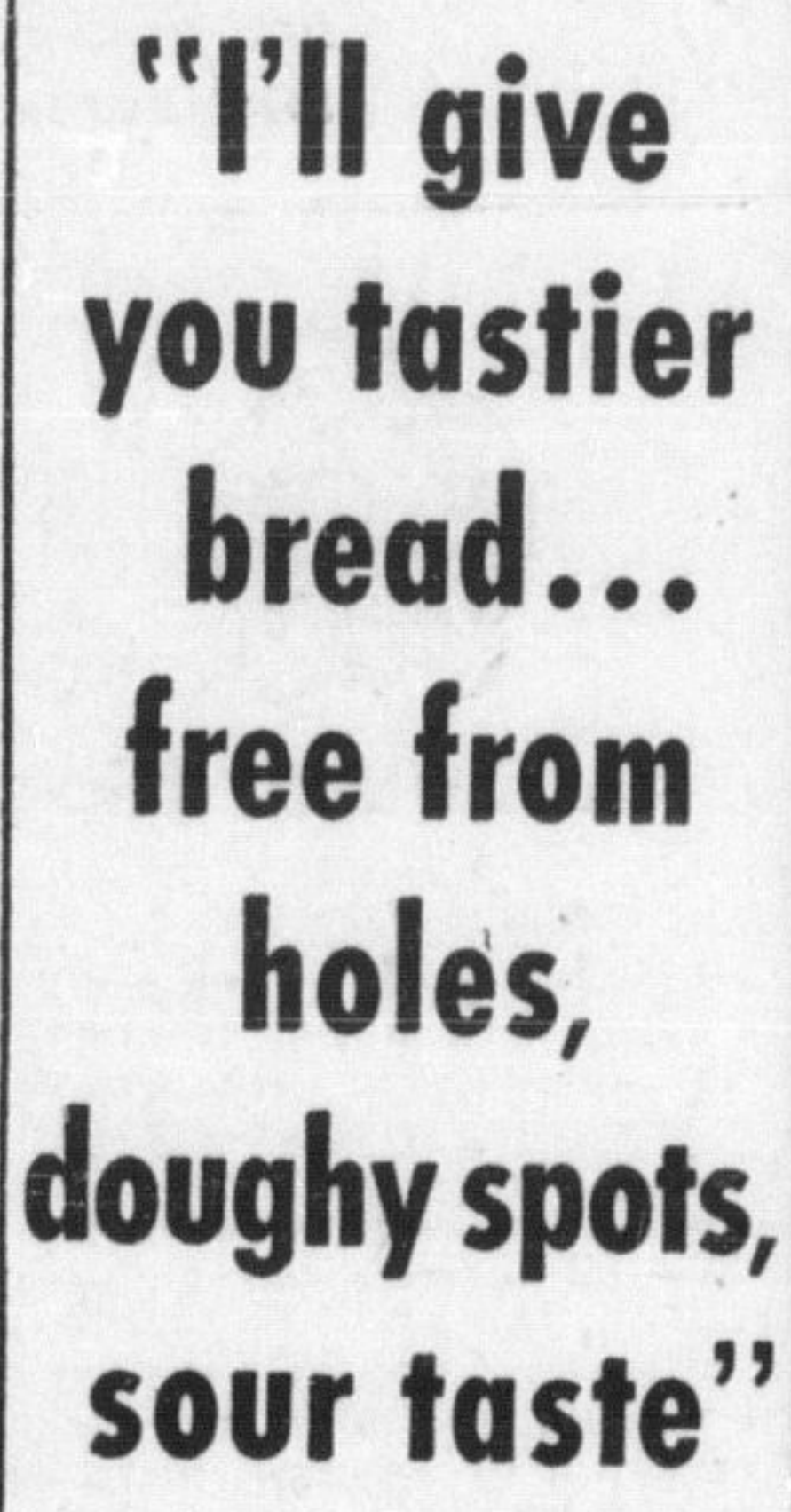
**Wild West 'Rustlers'
Lose Their Glamour**
Rustlers is the romantic western term for cattle thieves. No western story is complete without a group of these hawk-eyed, hard-faced long-riders, in their dark, well-worn clothing, mounted on fleet bay or black broncs, galloping through their pages. The reasons for the conspicuous colors are obvious. Only a "drugstore cowboy" wore a bright scarf, big white sombrero and jingling spurs, and rode a pinto or palomino. The six-gun was the favorite weapon of these tough hordes, as the squirrel rifle was of the feudists of the Great Smokies.

The stolen herds were driven south of the border and delivered to some crooked buyer with a beef contract to fill, or through a secret passage into a hidden valley, there to be rebranded and later sold.

There are still cattle as well as dude ranches in the West and there are still rustlers, but most of the picturesque features are gone. Now the thieves load their gathar on trucks and transport them swiftly to their destination.

Nor have these operations been confined to the West. Every summer a number of cattle are lost from pastures in the East, particularly in New York state, near Malone, Fowler and Gouverneur. More than a dozen head were stolen in the vicinity of the latter place during the summer of 1939, but fortunately the thieves were apprehended.

"I'll give you tastier bread... free from holes, doughy spots, sour taste"



MADE IN CANADA

**Experiments in Housing
Show Remodeling Costs**

If an old house needs remodeling to make it more convenient and comfortable, it may prove cheaper to wreck it and start over, if alterations affect most of the building. Recent experimental work on farmhouses by the agriculture department and the University of Wisconsin has included records of expenses for remodeling and costs for new construction. In some instances the final costs were not far apart, the bureau of agricultural chemistry and engineering suggests that careful estimates of cost for each kind of improvement be made.

Some of the Wisconsin records offer a comparison between the cost of remodeling and of building. One house that was remodeled "was in poor condition above the foundation, badly planned, and too small. The basement walls were good, but it was necessary to add to the basement and put in some new walls. The heating system was not replaced."

The other house was built new to replace one that burned. The foundation was good but was enlarged as in the remodeled house. Other material was new and the house was built to the owner's plan.

Costs for remodeling amounted to 21 cents a cubic foot. The house built new on old foundations cost 20 cents a cubic foot. There are advantages on both sides. In a new house the owner is likely to get more nearly what he wants in convenience and comfort. On the other hand, an old house may be of particularly good construction and in addition there is frequently a sentimental value in having the old house that would outweigh a little additional cost.

Race Track 'Electric Eye'
Installation of the so-called electric eye to photograph finishes on race tracks has produced an interesting picture of the past, when judging them by eye was rampant, or worse. Statistics show that previous to the camera business an average total of ten dead heats registered on all tracks in this country and Canada was considered rather high, writes C. M. Gibbs in the Baltimore Sun. Since the electric eye has been in vogue the average on American tracks alone has been between 70 and 80 a year. This either shows how many dead heats the judges used to miss or that horses are more evenly matched since the camera's introduction.

Under-Ocean Mountains
A striking feature of the floor of the Atlantic ocean is an S-shaped ridge running from north to south throughout very nearly its entire length. The ocean depth above this ridge averages from 9,000 to 10,000 feet, but on each side the floor of the Atlantic sinks into valleys 15,000 to 17,000 feet below the surface. The highest peaks of this submarine mountain range project above the water, forming the islands of the Azores group, as well as St. Paul Ascension and Tristan da Cunha.

**Iroquois Indian Tribes
Used Communistic Plan**

The American Indian didn't have the name for it, but he was a Communist just the same, it seems.

Moreover, even under administration of the federal government, he still is to a certain extent.

Dr. Philip H. Riegel of Buffalo, N. Y., authority on Indian history and customs, reveals that he has found ample evidence that communism thrived on this continent long before the Russians thought of Bolshevism.

According to Dr. Riegel, the Iroquois tribes were operating their communistic form of government successfully in what is now New York state when whites reached these shores.

"The Indians' lands were held in common," he said in a college discussion. "When lands were sold to whites each Indian received his share of the return."
This principle of common ownership continues today, with the federal government distributing the profits resulting from lease of reservation lands and operation of mines located on them.

Describing other communistic aspects of the Iroquois tribal government, Dr. Riegel said:
"Individual ownership was limited entirely to clothing, hunting implements and ornaments. Aristocracy was scrupulously avoided. A chief had no benefits above other members of a tribe. Material awards did not attend his position. He attained his place merely by merit."

There was a head to this communistic government. He had a cabinet of five members and a legislature. Although it was the woman's lot to do menial labor, she nevertheless had a recognized place in the councils of the people. Her opinions were sought and respected."

The Iroquois' communism differed from Russia's Bolshevism in that the Indian worshipped a deity, believed in life after death and prayer, and practiced the confessional as part of his religion.

**Imaginary Fear Cited
As Cause of 'Fatigue'**
Fatigue, in the opinion of Dr. George Ross Wells, Hartford, Conn., psychologist, is "the most devastating force in individual life today."

This fatigue, he warned, is seldom the result of physical or emotional effort, but from "long periods of going too fast, and being hurried by the councils of which most are purely imaginary."
"Many of us find life too hard, too drab, too difficult, because we are fatigued."

In such cases, he said, no benefit can be obtained from a change of activity. He prescribed complete rest, recreation, and even loafing as the best means of combatting the distress.

Fears and prejudices, he said, "were taught us," and "most of us were born into many of the beliefs we hold today."
A reasonably happy life can be obtained, Dr. Wells declared, by "avoiding the adverse effects of outside interference" and by pursuing a definite goal within reason.

California Lava Beds
The Lava Beds National monument in California presents many interesting features, geological as well as historical. Despite the warm summers of this section of California, a number of the caves, formed by lava flows, contain ice formations which never melt. Frozen during a long period of years, the caves have taken on the beauty of crystal stalactites and stalagmites, with solid columns of ice. Other caverns show strange lacework designs made by the lava drippings. Much of the surface of the area is formed by billowy lava. Scientists explain that this flowed like thick molasses from scores of fissures in the earth's crust. The material is still so unaffected by weathering that it appears to have been molten only a few months ago. This is the type of lava known in Hawaii as Pahoe-hoe.

Civil War Bugle
A battery bugle whose blast sounded the end of the Civil war is owned by Mason Swinney, of New Baden, Ill. His grandfather, Charles W. Swinney, sounded the call marking the surrender of Gen. Robert E. Lee to Gen. U. S. Grant on April 9, 1865, at Appomattox Courthouse, Va. Swinney gave the instrument to his youngest son before his death and left instructions that it be handed down indefinitely to the youngest son in each generation. Its present owner is unmarried.

FOREIGN EXCHANGE ACQUISITION ORDER
SPECIAL NOTICE

Subject to certain exemptions, the Foreign Exchange Acquisition Order requires every resident of Canada who had any foreign currency or foreign currency deposit in his possession, ownership or control on May 1st, 1940, regardless of amount, to sell the same to an Authorized Dealer (chartered bank) on or before May 31st, 1940.

Unless an extension has been granted by the Board, any resident who has not complied with the terms of the Order on or before May 31st, 1940, will be in default and subject to the penalties provided in the Order.

The Order does not require the sale of foreign securities.

Further information and particulars may be obtained from any branch of a chartered bank.

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**COUNTY OF HALTON
1940 - LOCAL COURTS CALENDAR - 1940**

Place of sitting	Day of sitting	Jan.	Mar.	May	June	Sept.	Nov.	Jan. (1941)
1 Milton	Friday	5	5	7	28	6	8	10
2 Oakville	Tuesday	9	8	10	10	10	6	7
3 Georgetown	Wednesday	3	3	5	27	5	7	9
4 Acton	Friday	4	7	9	30	7	9	11
5 Burlington	Monday	10	10	12	21	9	11	13

May, June and September courts will open at 9 a.m. standard time. All other courts at 10 a.m. standard time.

NAMES AND ADDRESSES OF CLERKS—1. R. Knight Milton; 2. John Chambers Oakville; 3. E. C. Thompson, Georgetown; 4. E. F. Tinsford Acton; 6. W. C. Riddford, Burlington.

General Sessions of the Peace and County Court Sitings with or without Jury 4th June and 3rd December, on opening days at 1 p.m.

County Court Sitings, with at July, 2nd of April and 1st of October, 10 a.m. and so often at other times as may be required for the dispatch of business.

And of Criminal Justice Associates, 5th January, 5th April, 5th July, 4th October, 10 a.m.

By order W. I. DICK, Milton, Clerk of the Peace