"THE LIBERAL"

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THURSDAY, MAY 11th, 1939.

LIVE TOWNS

Towns have a reputation, and are commonly known as live towns or dead towns. Two towns may have about the same population and wealth, but one of them may have an element of live action in it which its rival lacks.

What constitutes this life? It consists first in a willingness to work for the benefit of the community. If the people of a town won't organize and carry on activities, they can be expected soon to fall behind. In a live town, people are constantly looking out for chances to get new trade, obtain new industries, to encourage the industries they have to expand, and to maintain active organizations that provide home town benefits. Any town can become known as a live town, if its people are active and energetic.

OBSTACLES TO PROGRESS

What is the greatest obstacle that has to be encountered in promoting progress in any community? That greatest obstacle is not usually the active opposition of people to progressive measures.

The greatest obstacle is probably the indifference of people, and their disposition to say, as the common phrase goes, "Let George do it". Not many people actively oppose progressive measures, but there is a great reluctance among the people to do the work which progress calls for. The modern age does not seem to realize that progress is a question of co-operation, of inducing the people generally to take hold and do needed things. The scoffer and the knocker was the chief enemy of progress in former years. Today the chief obstacle is the fellow who believes in progress, but wants somebody else to do all the work and give all the money.

A COMMUNITY IS A GARDEN

A community can be likened unto a garden—a garden very willing to grow whatever is planted in it. Willing to grow weeds if neglected.

But what would you think of a man who wants something from the garden, which is our community, yet who plants nothing in it?

Imagine a farmer standing in a field willing to grow a lot for him, yet who sows nothing in that field, nor prepares it for sowing. The field will grow something but nothing very good or valuable. Its potentialities are not drawn from it.

Like the inactive farmer some retailers stand in a field more than willing to give them what they want — a crop of customers; but they quite fail to get all the customers possible. Customers are the fruit of plantings and cultivation.

The retailer in a community who plants his mind and desires in the garden which is a community, will surely have the crop desired. The seeder is the advertisement columns of newspapers. There may be other seeders, but none so cheap as a newspaper, none which scatters the seed so widely and swiftly in soil which is productive.

Think it out for yourself. How can any retailer get the potentialities of the garden, which is a community, if he plants little or nothing in it?—Renfrew Mercury.

MUNICIPAL DEBTS DOWN

Municipal statistics when gathered together in a volume are not always attractive or interesting. The fourth annual report of the Department of Municipal Affairs is probably an exception. It came to hand this week and is for the year 1937. The figures, and there are pages of them, show that in recent years the craze of spending by the cities, towns and other municipalities has been given a check and that in its stead the aim has been to reduce debts and hold back on new expenditures. As an example, at the end of 1937 the debt of the cities of the province had been reduced in round figures from \$357-million in 1932 to \$323-million, a reduction of something like \$33 and a half million.

For towns and villages, the total debt in 1932 was at a high of \$74,035,000. Five years later it dropped to \$51,-945,000, a reduction of more than \$22,000,000. For townships, the total debt in 1932 was \$54,992,000. By 1937, it was down to \$36,996,000, a drop of almost \$18,000,000. In the same period, the county debt had decreased from \$18,503,000, to \$13,035,000, of by approximately \$5,500,-000. And in the five year period, the debt of cities, towns, villages and counties had dropped from \$504,756,000 to \$425,744,000 of by \$79,000,000.

RIVERCOURT MEMORIALS

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Friday Evening, May 12th

Commencing at 9 p.m. D.S.T. Under the auspices of the East Vaughan Liberal Association

GOOD PRIZES FOR CARDS STYLES & REID'S ORCHESTRA

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J. KONING, President.

Day to Day Itinerary of the King and Queen Across Canada

EASTERN POINTS ON ROYAL ROUTE

MAY Monday, May 15—Arrive Quebec 9:30 a.m. E.S.T. Tuesday, May 16—Leave Quebec 8:30 a.m. E.S.T.

Arrive Three Rivers 10:45 a.m. Leave 11:00 a.m. E.S.T. Arrive Montreal 1:15 p.m. Leave 10:00 p.m. E.S.T.

Wednesday, May 17 — Arrive Ottawa 10:00 a.m. E.S.T. Saturday, May 20-Leave Ottawa 6:00 p.m. E.S.T. Travel via Coteau Junction, Cornwall, Brockville.

Sunday, May 21—Arrive Kingston 10:30 a.m. Leave 7:00 p.m. Monday, May 22-Arrive Toronto 9:30 a.m. Leave 6:00 p.m. E.S.T.

Monday, June 5-Arrive Sudbury Junction 6:30 p.m. E.S.T. Motor to Sudbury. Leave Sudbury Junction 7:30 P.M. E.S.T. Tuesday, June 6 — Morning— Rest in Muskoka Lakes' District. Afternoon — Travel via Bracebridge with short stops at Guelph, Kitchener and Stratford.

Wednesday, June 7 - Arrive London 9:30 a.m. Leave 10:30 a.m. Travel via Ingersoll, Woodstock, Brantford, Windsor.

Arrive Hamilton 1:10 p.m. Leave 2:40 p.m. E.S.T.

Travel via St. Catharines. Arrive Niagara Falls 4:05 p.m. E.S.T. Leave 9:30 p.m. E.S.T. Monday, June 12-Arrive Sherbrooke 11:00 a.m. Leave 11:30 a.m. Tuesday, June 13-Arrive Monc-

ton 9:20 a.m. Leave Moneton 9:30

a.m A.S.T. by motor car.

Arrive Fredericton 12:30 noon. Leave 2:30 p.m. A.S.T. by motor car. Arrive Saint John 5:30 p.m. Leave 7:30 p.m. A.S.T. by railway. Wednesday, June 14 - Leave Cape Tormentine 9:30 a.m. Arrive Charlottetown 12:30 p.m. Leave 4:30 p.m. A.S.T. Arrive Pictou 7:00. By motor car to New Glasgow. Leave New Glasgow 8:00 p.m. Thursday, June 15 — Arrive Halifax 11:00 a.m. A.S.T.



Their Majesties, King George VI. and Queen Elizabeth

WESTERN POINTS ON ROYAL ROUTE

MAY Travel via Chapleau, White River, Schreiber. Tuesday, May 23—Arrive Port Arthur 5:00 p.m. E.S.T. Motor to Fort William.

Leave Fort William 5:30 p.m. Wednesday, May 24 - Arrive Winnipeg 11:00 a.m. C.S.T. Leave Winnipeg 7:00 p.m. C.S.T.

Thursday, May 25-Arrive Regina 12:30 p.m. M.S.T. Leave Regina 8:00 p.m. M.S.T. Brief stops at Moose Jaw and Medicine Hat.

Friday, May 26—Arrive Calgary 3:00 p.m. M.S.T. Leave Calgary 5:00 p.m. M.S.T. Arrive Banff 7:30 p.m. M.S.T.

Saturday, May 27-Rest day. Sunday, May 28-Leave Banff 10:30 a.m. M.S.T. Short stop at Kamloops. Monday, May 29—Arrive Van-

couver 10:00 a.m. P.S.T. Leave Vancouver 5:30 p.m. Arrive Victoria 8:00 p.m. P.S.T. Wednesday, May 31 — Leave Victoria 9:00 a.m. P.S.T.

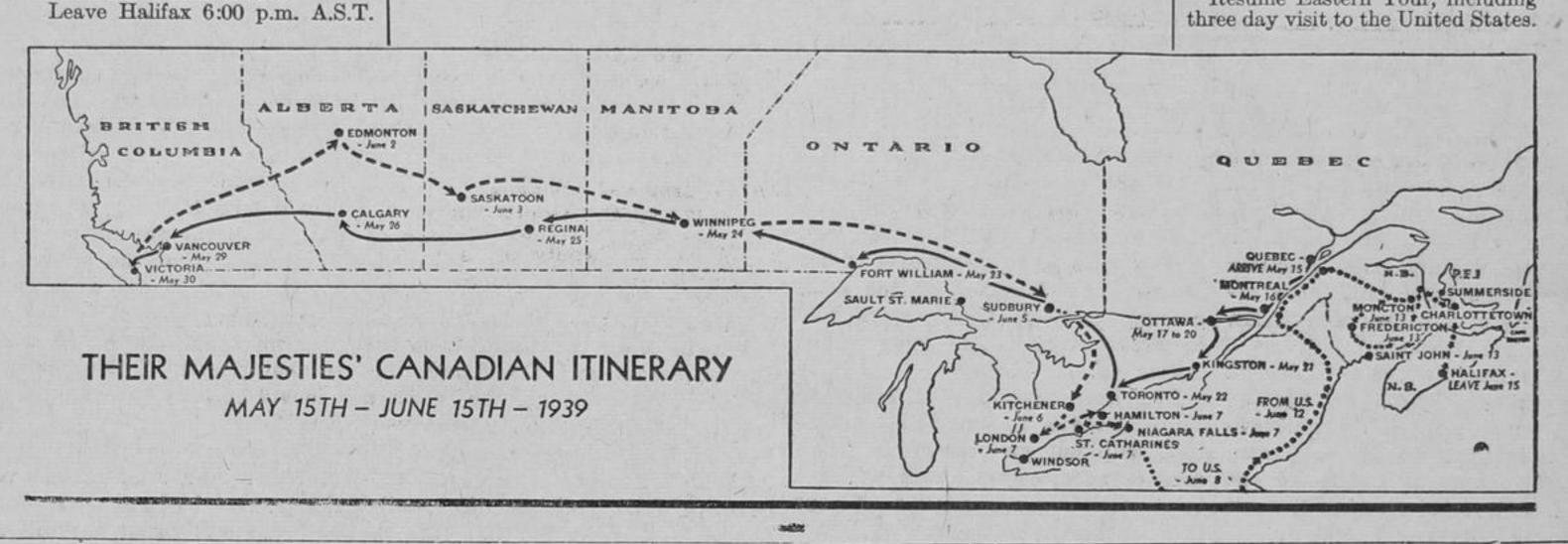
Arrive Vancouver 12:00 noon Leave Vancouver 1:00 p.m. P.S.T. Travel via New Westminster, Chilliwack.

JUNE Thursday, June 1—Arrive Jasper-9:00 a.m. P.S.T. (rest day). Friday, June 2-Leave Jasper 10.00 a.m. M.S.T. Arrive Edmonton 3:00 p.m.

Leave Edmonton 10:00 p.m. Saturday, June 3-Arrive Saskatoon 2:00 p.m. M.S.T. Leave Saskatoon 4:00 p.m. M.S.T. Leave Saskatoon 4:00 p.m.

M.S.T. Travel via Melville, Winnipeg, Sioux Lookout, Armstrong, Long

Resume Eastern Tour, including



By Ellen McLoughlin Director, Children's Institute

IS A HOBBY HARMFUL?

claim! Everybody knows a hobby and happy memories. But children is a relaxing thing. A man who must make their way in the world loves his garden, or is a model en- against the competition of their gineer or an amateur photographer peers. Socially and professionally can somehow face the stresses and you want your girl to be "comfortcalmness. Yes, that is true. Every can be overcome. Invite one or two or two.

to one hobby. It's like putting blind- supper hour, and let them have the ers on your child's eyes. Let his living room to themselves. Give fancy range free. Don't be disturb- your little girl dancing lessons, uned if Johnny "takes up" watercolor | til she is one of the best dancers few months "goes in for" cabinet so helpful socially to an adolescent work, only to drop it, presently, for girl. If she owns The Book of puppeteering, or Sally is, by turns, Knowledge or some other special a soap-sculpture enthusiast, debater, treasure, encourage her to share it stage designer and linoleum printer. with a friend or two. These things are not signs of a frivolous nature, but perfectly normal manifestations of growth. It is almost an axiom that the more interests a young person has, the more rounded his personality will become as he matures.

The most brilliant man in history was Leonardo da Vinci - painter, sculptor, engineer and inventor, many-sided genius, and who can say that his varying interests did not strengthen and enrich each other? Young persons quite naturally feel varied, kaleidoscopic world presents itself to their eager eyes. Let them admire and explore. Let them lose ley. themselves briefly in this fad or that. They are but trying out their aptitudes and sooner or later the right occupation will make itself felt-the one upon which all others converge, the one which will give beauty and meaning and satisfaction to adult years. The richer a young person's educational background, the greater his chance to find and follow his own right path.

Inferiority Complex

years old, is shy and awkward and window." unhappy in any group of her own | City Man: "It's all right to hear

feriority complex." How can I help

Possibly she is "at home" with older folks because she has been with them more than with children. not sleep at night. They feel tired A good many fathers and mothers try too hard to be "pals" with the children. This easy, friendly companionship is all very nice, and it What a silly question, you ex- cles make for a fine family life But very few children should be later, a girl and two boys. Plan encouraged to limit their interests some simple games for the after-

> Ellen McLoughlin will answer questions of readers pertaining to parent-child relationships no medical or legal advice. Address her in care of this newspaper, enclosing self-addressed stamped envelope for a personal

York County Jersey Breeders' club has elected the following officers: President, W. L. Clark, Gormley; vice-pres., Fred Andrews, Queens- exercise as follows: (1) Try to move ville; sec.-treas., W. M. Cockburn; the big toe without moving the other BLOCKS, each 40c. the tug of many interests, as the directors, W. O. Plummer, Queens- four toes. (2) Try to move the ville; W. L. Clark, Unionville; L. Peterson, Ballantrae; Alex. Doner, other four toes without moving the Newmarket and Frank Bagg, Edge- big toe. (3) Try to move the little

> They had grown wealthy suddenly and had purchased a farm, complete with hens, cows and pigs. Said a visitor one day:

"Do your hens lay eggs?" "Oh, they can," was the lofty reply, "but in our position they don't have to."

to wake up in the morning and hear the result if you give it a fair trial Mrs. J. H. W .: My little girl, ten the leaves whispering outside your

er folks. She seems to have an "in- stand hearing the grass moan."

Health Hints

Many people complain they canand worn out yet they le awake restlessly tessing around and in the morning after fitful sleep they feel like a street accident. Admitting that insomnia is often only a symptom of certain diseases not suitable for self treatment it is undoubtedly Helen Simpson Lynett J. F. Lynett true that generally a great deal can be done by the sufferer himself if he only understands the mechanism strains of our hurl-burly world with able." Her present inferiority sense of sleep and will try out a few sug- I'hone orders delivered any. gestions. In order to sleep soundly grown person should have a hobby of her schoolmates to Sunday night there must be no congestion or fullsupper, a boy and a girl, rerhaps; ness of blood in the brain. Usually insomnia is caused by too much blood in the cerebrum or front brain. The sufferer lies awake thinking and thinking and it is useless to advise him to stop thinking as long as he has this congestion of blood in the painting with fervor, and after a in her group—there's no one thing front brain which is the area used for thinking out problems. There is however a back brain or cerebellum which controls the movements of the muscles. The use of any bodily Freight part will increase the blood in that part so any bodily activity will draw the blood from the front brain to the back brain particularly if this activity is difficult and requires concentrated attention. Further as well as there being too much blood in the front brain in cases of insomnia there is generally a condition of too little blood in the lower extremities with cold feet. Let us combine all Piese points together and we see that one remedy for insomnia is toe toe without moving the other four toes. Besides these specific movements general bending of the feet and ankles is also useful. The affect of these exercises and particularly the specific ones is (1) To draw the blood from the head to the feet. (2) To draw the blood from the cerebrum or front brain to the back brain. This is only one of many methods for overcoming insomnia and it alone is not always effective Rural Resident: "It's simply fine but often you will be surprised at

Some bridge players are so rude age, though quite at home with old- the leaves whisper, but I never could to their partners, a stranger would think them married.

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