

DECEMBER 7, 1918

THE MAN WHO WINS

The man who wins in the average man, but built on any particular plan. Not blessed with genius, but with steady and earnest, and full of pluck. When asked a question he does not guess. He answers the question "Yes" or "No". When to a task that the rest do not do. He knuckles down till he's put it through. Three things he's learned: That the man who wins finds favor in his employer's eyes. That it pays to know more than one thing well. That it doesn't pay all to know to tell. For the man who wins is the man who works. Who neither labor nor trouble shirks. Who uses his hand, his head, his eye. The man who wins is the man who tries.

WAR TO END IN REVOLT

The London Morning Post's Budapest correspondent quotes prominent Hungarian professor as saying in a lecture: "There is no such constitutional factor as the people nowadays either in Germany or Hungary. The only thing which is represented in Parliament are only the toys of the mass in power. Their utterance do not count, and their actions are limited by the interests of the rulers calling themselves the state, especially in Hungary, where the people are classified as suspects and suspects." "The condition is almost as much a feature of the war as the army itself. The people are placed under the protection of 'armed might,' and as long as this stands there are no people in a political or constitutional sense." The correspondent supports this contention, adding that these circumstances explain why prominent thinkers say the war was not only a revolution, whereas the army will have to take the lead.

HAD WEAK HEART COULD NOT WORK COULD NOT SLEEP

Many women are kept in a state of fear of death, because weak, worn and miserable and are unable to attend to their household, social or business duties on account of the unnatural action of the heart. To all such sufferers Milburn's Heart and Nerve Pills give prompt and permanent relief. Mrs. J. J. Day, 231 John Street, South, Hamilton, Ont., writes: "I was so run down with a weak heart I could not even sweep the floor, nor could I sleep at night. I was so awfully sick sometimes I had to stay in bed all day as I was so weak. I used three and a half boxes of Milburn's Heart and Nerve Pills and I am a cured woman to-day, and as strong as anyone could be. I am again my own household, even my own washing. I doctored for over two years but got no help until I used your pills. Milburn's Heart and Nerve Pills are 50c per box, 3 boxes for \$1.25, at all dealers or mailed direct for the price by T. T. Milburn Co., Limited, Toronto, Ont."

When a man gets married he is never quite sure whether his wife's friends enjoy or pity him. Be sure you can play good laws before you start bad ones.

Children Cry FOR FLETCHER'S CASTORIA

The more I see of men the better I like my horse. If the world were a living, what do you see of the world?

An Oil Without Alcohol.—Some oils and many medicines have alcohol as a prominent ingredient. A judicious mingling of essential oils composes the famous Dr. Thomas' Electric Oil, and there is no alcohol in it, so that its effects are lasting. There is no medicinal oil compounded that can equal this oil in its preventative and healing power.

CASTORIA For Infants and Children In Use For Over 37 Years

POPULARITY OF AUTO The report of the U. S. Department of Agriculture shows that there were 2,245,000 motor cars in the United States on December 31, 1918, an increase of 40,000 in 1918. While these figures may be somewhat exaggerated, when compared with a compilation of license statistics of the various states, they are near enough to give a vivid idea of the growth of the motor industry. The total gross motor vehicle registration and license revenues are given as \$18,245,713, of which practically 50 per cent. is available for road improvement, so that it will be appreciated what a benefit to the active country the automobile has been, and is.

The modern young man says a female child has only one good quality—he is peculiar to his sex. Some women are very easily pleased, judging by what they marry. Even the chauffeur should have a little horse sense.

BURDOCK BLOOD BITTERS CURED.

Every man depends on the quantity of blood, with good means he brings into society for the reception he meets with in it. There may be nothing new under the sun but there are a lot of fresh people. Every sign has its health.

Could Hardly Live for Asthma.—Writes one man who after years of suffering has found a complete relief through Dr. J. H. Kellogg's Asthma Remedy. Now he knows how needless has been his suffering. This remedy has given him a new lease of life and he has no more need of his medicine. He says he would like to bring the help he has needed. Every doctor has to be called for it, from his wholehearted.

HOW TO KEEP WELL

BY JOHN W. H. McLEOD, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

HEALTH OFFICERS' CONFERENCE.

THE annual conference of Ontario Health Officers for 1918 was held on the last two days in May. It was, in point of numbers, importance of papers presented, and general interest, perhaps, the most interesting meeting of medical officers of health we have ever had. One of the most instructive papers was read by Dr. W. H. Park, who for many years has been Director of the Laboratories of the Health Department of New York City. Dr. Park is an expert upon Diphtheria, and in his address he outlined the methods of his Department in the diagnosis, prevention, and treatment of this disease in which he and his associates have been especially successful. The City of New York is divided into sections and the children grouped in order that tests may be carried out to discover those who are carriers of the disease, and to obtain more thorough information as to the causes for the spreading of the disease. Dr. Park said that the scheme has been productive of wonderful results. Regarding the use of antitoxin in the treatment of diphtheria, he said that the full amount of antitoxin required should be given in the first injection; another way to obtain prompt results was by injection of the remedy directly into the blood stream at once. He advocated single large doses. Dr. Crutchank, M. O. H. of Windsor, gave a most instructive paper upon tetanus and diphtheria in children. The doctor is one of the best of our Health Officers. He has been engaged in making tests in this city among children in the Windsor schools, and has come to the conclusion that tetanus and diphtheria are responsible for disease among children. He advocates their removal, and in addition suggests that the abolition of baby comforts, the provision of proper ventilation in school and sleeping rooms, and the proper care of children's health would prevent a lot of disease. There is sound wisdom in his remarks. A timely discussion in view of the great prevalence of the disease during the past season, was carried on in reference to measles. It was pointed out by various speakers that measles is most difficult to control from the fact that it comes on like any ordinary cough or cold, and that the most common mistake is to treat it as such. The present quarantine period (three weeks) as regarded by the officers present as being too long and failed to do the good expected of it. The consensus of opinion was that two weeks, which would cover the period of incubation and contagion, is long enough. It is probable that this discussion will be given due weight by the Board, and lead to a shortening of the quarantine period. There was considerable discussion regarding the question of allowing the breadwinner of the family to go to work while his child is ill of measles, or other communicable disease. This is at present a matter of discretion with the O. H. O. and usually allowed except in those cases where the man of the house is a teacher of pupils at some school, or engaged in the manufacture of food or clothing. It is very unlikely that these diseases are carried by this person unless he or she is a "carrier." These annual conferences have a very marked effect upon the efficiency of the various medical officers who are regular attendants. In almost all cases of health officers of health to meet at every meeting, where there is ample opportunity for the discussion of the problems which are met by them in their various municipalities.

QUESTIONS AND ANSWERS.

J. C. H. Welland. Sanatoria expenses of indigent. Q.—What provision is made for the care of a poor patient with consumption? A.—The local Board of Health and the Medical Officer of Health may, under the provisions of the Tuberculosis Act, send to a hospital or sanatorium, an indigent who, in their opinion, endangers the health of others in the same house or in personal contact with him. The expense of this patient is borne by the municipality where he lives and his place of abode. The Ontario Government pays \$5.00 per week toward the maintenance of such patient.

CHRISTMAS MESSAGE

The Hospital for Sick Children COLLEGE ST., TORONTO.

Dear Mr. Editor:—Thanks for the privilege of appealing through your columns on behalf of the Hospital for Sick Children, the great Provincial Charity. Our need of money is measured by the children's need of help, and you can judge how great that need must be when last year 3,045 little ones were treated as in-patients, and as many as soon from the 1918 figures, 233 patients were admitted from 243 places outside Toronto. Last year 271 in-patients were treated for deformities, such as club feet, Pott's disease, Pott's disease, the spine, lateral curvature of the spine, dislocations, infantile paralysis, and other diseases of the spine, and 18 in the Hospital for Sick Children to take dollars out of your pocket, or in the case of the little children, out of their parents' pockets. One gift more in the Hospital's treasury means one more child in the LITTLE WHITE SHIRTS.

The Hospital must be digging up the money to meet the cost of human kindness, or actions will be having a ravage for little children in the soil of our community. The Hospital for Sick Children can give you a further idea of the money in so far as you would like to know the cost of the Hospital's services in the Hospital's never-ending battle for the lives of the little ones. Let your money fight in the trenches of some mother's trouble and rescue some of our little children from pain, disease and death. Can the Hospital leave children to die because the fathers of those children have left home to fight for liberty and the right to live, and can the Hospital help the children of Canada's soldiers with its care unless you help the Hospital with your cash?

You have money enough to help every other war fund without keeping back a dollar from the Hospital war fund—the fund that helps the Hospital save the lives of little children, including the soldiers' children. Do not let the little children pay, in the loss of the Hospital's care, the contribution that should be given and must be given to the war funds. Your money can send a message of cheer to some father in the trenches, and that message from the old soldier back to life, the child's father who is fighting your battle in the trenches. Every dollar kept from the Hospital's power to serve the little children is a weight added to the burdens and a grief added to the sorrow of this war. You can hear to have your pocket unspiced of a little money easier than some mother can bear to have her home emptied of a little child. Will you send a dollar, or more if you can, to Douglas Davidson, Secretary-Treasurer, or J. ROSS ROBERTSON, Chairman of the Board of Trustees.

HAD PNEUMONIA DR. WOOD'S NORWAY PINE SYRUP CURED HIM.

A cough is an early symptom of pneumonia. It is at first frequent and hacking, and is accompanied with a little tough, colorless expectoration, which soon, however, becomes more copious and of a rusty red color, the lungs become congested and the bronchial tubes filled with purulent mucus that hard for the sufferer to breathe. Males are more commonly attacked than females, and a previous attack seems to give a special liability to another. On the first sign of a cold or cough you should get a bottle of Dr. Wood's Norway Pine Syrup and thus prevent the cold from developing into some serious lung trouble. Mrs. H. Charles, North Toronto, Ont., writes: "Two years ago my husband had a very bad attack of pneumonia, and the doctors said he was getting consumption. A friend came in to see me and told me to get Dr. Wood's Norway Pine Syrup. I got three bottles, and they seemed to quite clear his chest of the phlegm, and now he is fine and well. I shall never be without it in the house as it is a very valuable medicine." Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c. The genuine is manufactured only by T. T. Milburn Co., Limited, Toronto, Ont.

HAD INDIGESTION. BURDOCK BLOOD BITTERS CURED.

That grand old remedy, Burdock Blood Bitters, has been on the market for over forty years and we claim, without any fear of contradiction, that there is no other medicine on the market to-day that can compare with it for the cure of all disturbances of the stomach and bowels. Mrs. S. Turpin, Colborne, Ont., writes: "I am writing to say that I have used your Burdock Blood Bitters. For a long time I suffered with indigestion, and nothing I took ever gave me any relief, only for a short time. I bought several bottles of B. B. B. from our druggist, Mr. Griffin, and can honestly say I cannot eat or drink anything I want without experiencing any further effects. I can say that it is the only medicine I ever got any relief from. Burdock Blood Bitters is manufactured only by T. T. Milburn Co., Limited, Toronto, Ont."

ALUM MAGIC LABEL BAKING POWDER

NEWS TOPICS OF THE WEEK

Important Events Which Have Occurred Here and There

Major-General ... The Irish-Canadian ... The Stratford Court of Revision ... Charges of theft at Base Hospital ... The Duke of Devonshire made his first public appearance to inspect the 202nd (Edmonton) Battalion in Ottawa. Belleville Y.M.C.A. campaign to raise \$15,000 ... The Police Board, Toronto, is investigating reports that money is being collected for soldiers overseas which does not reach them. Mr. W. H. Graham, defeated candidate for the Presidency of Ward Five Conservatives ... John Lingo, a thrasher, of Dutton, was fatally injured when his coat caught in a cog wheel of the engine and his body was drawn through a set of gears. Seven young West Zorra farmers were arrested on charges of tampering with a neighbor in the presence of his bride, when they also tied to a post in the town of ... Thursday. A new battalion for the county of Grey was authorized. The famous author and traveller, died suddenly. Germany claimed the sinking of 3,200 tons of ships since the war began. British troops inflicted heavy losses on the enemy in German East Africa. Charles Evans Hughes admitted defeat by congratulating President Wilson. W. O. Fraser of Oshawa, was chosen Conservative candidate for the Legislature in Souris, Sask. Quebec Provincial Government has ordered that no money should be charged for probating soldiers' wills. The Independent Telephone Association ... Ontario Hydro-electric Commission decided to proceed forthwith on the Chippewa Canal power scheme. The Manitoba Municipalities Convention endorsed the rural credits bill of Hon. B. Brown, Provincial Treasurer. John Soblin, a Dorcham township farmer, was charged with the murder of his wife, Mrs. ... The Dominion Railway Board has issued a statement respecting car shortages in the prairie provinces, urging shippers and transportation companies to co-operate as far as possible. Friday. Dr. Marshall Sutton, of Cookville, was found dead in bed from apoplexy. The British Red Cross Fund in Ontario has now reached a total of \$1,400,000. Lieut. Guyron, the French aviator, brought down his 32nd German plane. Sir Wilfrid Laurier paid a high tribute to the Canadian Engineers, who were at work at a banquet in Ottawa. The Independent Telephone Association decided to seek legislation giving the tolls for interurbane of service. The last quarterly dividend from the Guelph Junction Railway is \$11,240.55, or 0.5 per cent. on the city's investment. Hon. Arthur Meighen, addressing Ward Five Conservatives, Toronto, defended the Gordon Government's nickel policy. We continue to decide to ask the Department of Health to undertake

SUCH A HEADACHE! CHAMBERLAIN'S TABLETS

Nearly everyone has experienced headaches at one time or another. Chamberlain's Tablets are the best remedy for all kinds of headaches, whether they are caused by indigestion, colds, or other ailments. They are safe and effective, and can be used by all ages.

FOR "LIVERISHNESS" USE MILBURN'S LAXA-LIVER PILLS

Mrs. J. Skellsworth, Halifax, N.S., writes: "I was in a very bad way concerning the great value I have received by using your Milburn's Laxa-Liver Pills for my liver. My liver got bad I would have severe headaches, but after using a couple of vials of your pills I have not been bothered with the headaches any more." Milburn's Laxa-Liver Pills clear away all excess and poisonous matter from the system, and prevent as well as cure all complaints arising from a liver which has become inactive. Milburn's Laxa-Liver Pills are 25c. a vial, or 5 vials for \$1.00, at all dealers, or mailed direct for the price by T. T. Milburn Co., Limited, Toronto, Ont.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Watson, and is made under his personal supervision since his infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, gives healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Wm. D. Galt, Proprietor, New York City.

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An Advertisement In the Free Press is the Direct Line to the Result You Seek.

If your destination is a new job, a Free Press adv. is often "quicker and heat." And while it may require a little patience to reach it, the goal is worth greatly more than the cost of reaching it. Free Press adv. enable you to avoid all of the annoyance and delay of the old way of doing things—and while it may not get the answer faster any-how, it will carry the answer to you who has a definite and achievable purpose, directly and swiftly to the result sought. To find the new talent, the new worker, the buyer for property or chattels—these are results which are readily secured by the Free Press adv. There are many occasions in your life when the quickest road to a certain result would be worth taking even if the cost were very great. Yet, while it is always the most direct road to your result, the cost of using Free Press adv. is relatively small. If you are a man of woman of "average intellect," and activities of average needs and aspirations, you may profitably use the Free Press Advertising Column.

THE GRAND TRUNK RAILWAY

PARADESIVE TRAINS The following is the time at which passenger trains call at Acton:

WINTER TOURS

SPECIAL Fares now in effect to resorts in Florida, Georgia, North and South Carolina, Louisiana and other Southern States, and to Bermuda and the West Indies. Return Limit May 31st, 1919 LIBERAL STOP-OVERS ALLOWED For full information write to C. E. HORNING, D.P.A., Union Station, Toronto, Ont.

H. S. Holmes, Agent

Good Second-Hand Cooking STOVES

For Coal and Wood Coal Heaters, Box Stoves All Kinds Second-Hand Furniture For Sale in the red block house

ACTON LIVERY AND B'S LINE

Having purchased the livery and goodwill of the business from Mr. A. McCann, I solicit the confidence of the patronage of the public. Constantly rigs supplied at reasonable rates. Special attention to supplying conveniences for wedding and funerals. Motor Cars furnished when required. HUB MOUNTS ALL TRAINS

L. E. ATKINSON

Grain Chopping

Well Done and Quickly at only 5 cents per bag.

HARRIS & CO., Limited

When You Need BOOTS SHOES

At Any Time

BUY FROM W. WILLIAMS

ACTON - ONTARIO

FAMOUS FOR Satisfactory Footwear

REASONABLE PRICES

CEMENT

K. COOPER, ACTON, CEMENT CONTRACTOR for Bridges, Silos, Walks, Floors, Walls etc. Also Agent for De Laval Silos, Separators etc. High grade Portland Cement for sale.

PATENTS PROMPTLY SECURED

864 University St. MONTREAL

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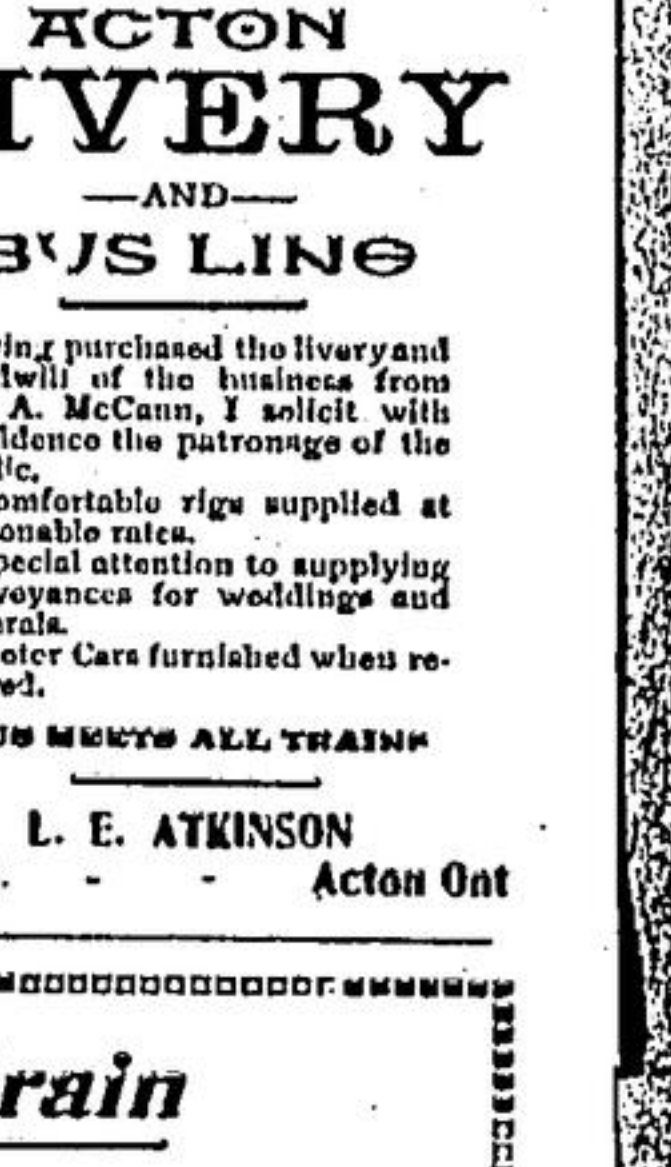
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