

DO THE BEST YOU CAN

And isn't it, my boy or girl, The wisest, bravest plan, Whatever comes or goes, To do the best you can?

Don't think there is always safety Where you danger abides, And don't suppose you know more Than any body knows.

For each content in his place should dwell, And envy not his brother, And just as good as another.

But we all have our proper sphere to know, And this is a truth worth knowing; You will come to grief if you try to go Where you were never made for.

There are very many pleasant things, As many pleasant things, For those who dwell by cottage hearths As those who sit down on thrones.

If you have tried and have not won, Never stop for crying; All that's airtight and good is done, Must by patient trying.

—Theobald Cary.

From the issue of the Free Press of Thursday, December 3, 1903

Blighting parties are now popular and enjoyable. There has been skating on Corporation Pond and Fairy Lake the past few days.

The new open rink, between Clark's Hotel and the Dominion Hotel, on Main Street, will, it is expected, be ready for skating early next week.

The case arising out of the information laid against the conductor of a G. T. H. freight train by blocking traffic at the Mill Street crossing came up on Thursday evening. Witnesses were called who testified that cars belonging to the street car company were allowed to stand over the Mill Street crossing, completely blocking traffic for thirty or more minutes.

The annual meeting of the Ladies' Aid of the Methodist Church, elected Miss Lottie E. Speight, President; Mrs. J. W. Oram, Vice-President; Mrs. H. P. Moore, Secretary; Mrs. A. M. Madock, Treasurer; for the coming year, at their meeting on Tuesday afternoon.

The fourth annual ball and supper of Acton Fire Brigade, held last Friday evening, was the most successful yet held. Very little was done to support the music by Wellwood's orchestra.

A week ago while engaged in loading heavy castings on his express sleigh at the G. T. H. freight shed, Mr. John Harvey met with an accident which narrowly escaped being fatal.

He was conveying a 500 pound barrel from the platform when his feet slipped and the heavy article fell with its corner on his breast in the region of his heart. Mr. Harvey is gradually recovering in the meantime. Mr. J. H. Reed is managing the express business.

The annual convention of the Guelph District Epworth League was held in the Methodist Church last Thursday and Friday and was very interesting and inspiring throughout. The attendance was large and the papers and addresses were practical and helpful.

OUR HARD-WORKING HEARTS

The pulse of the great Napoleon is said to have made only fifty beats a minute. Eighty is not an unusual number.

But, supposing the case of a heart that beat seventy-five times a minute, expelling ten cubic inches of blood each stroke, it is apparent that the little pump delivers 45,000 cubic inches in an hour, or about two cubic inches in a day, or (as may easily be reckoned) about 7,000 tons of vital fluid in a twelve-monthly year.

In figuring this out, the Scientific American calls attention to the fact that a human heart has four compartments—two auricles and two ventricles. The auricles are merely reservoirs. The energy developed by the pump is furnished by the right auricle, which closes—the right one sending impure blood to the lungs, and the left one sending the purified blood into circulation.

The left ventricle alone uses in a day enough energy to raise 400,000 ninety feet.

IT IS A FACT!

That the Canadian National Railway System operates 21,623 miles, or 50% of the total mileage of the Dominion of Canada.

That the Canadian National is the greatest single railway system in the world.

That the Canadian National traverses every province in the Dominion of Canada, and serves the Federal Capital and each of the nine Provincial Capitals.

That the Canadian National serves every important city and seaport in the Dominion.

That the Canadian National serves all the large Manufacturing Centres of the Dominion.

That the Canadian National has a network of lines in the Prairie Provinces giving to the prospective settler the choice of lands for grain-growing and cattle-raising.

That the Canadian National is the scenic route across Canada. Among the scenic wonders are the Canadian National lines are Mount Robson, the highest peak in the Canadian Rockies (13,044 feet) and Mount Edith Cavell (13,333 feet).

That the Canadian National crosses the "Roekies" at the lowest altitude of any transcontinental railway and in view of Canada's highest peaks.

"Travel 'The National Way.'" 31-2

NOISE

The quietest place in the world is a laboratory at University of Utrecht, Netherlands. Walls are insulated so that no sound can get in from the outside.

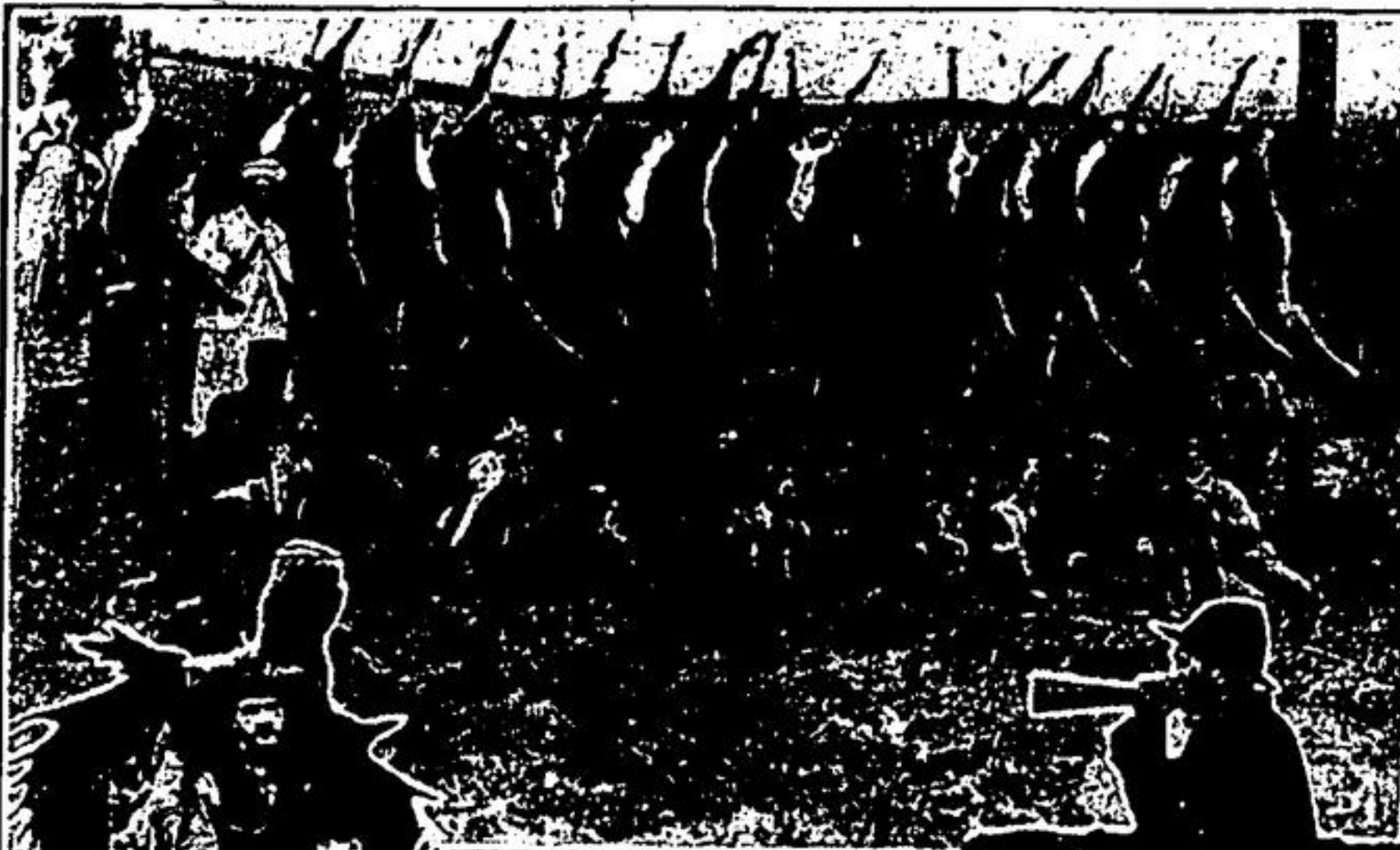
In this absolutely noiseless room, important observations are being carried on by scientists studying the effect of noise on human nerves and brain.

A person, entering this stillness, has a peculiar sensation in ears, then a feeling of terror. Noise, which is making a nervous wreck of civilized man, has become a source of relief that its total absence strikes fear to the heart. Deaf people are not affected this way, for the vibrations of sound reach them through their other senses.

WORLD'S MEANEY, MAN

This was John Eliver. He came by it honestly. Though her husband left her \$50,000 his mother, Mrs. Eliver, was stricken down by a stroke of paralysis and died. Young John inherited the money. He put up property all over London. He had a house in his house was empty he lived in it to save a caretaker. He kept all his own accounts. When he had advanced the year he went to live with his son, taking with him five shillings, which he hid all the money for fear his body would steal it. He died, leaving estate valued at \$4,000,000.

EXCEPTIONAL KILLS IN QUEBEC AND ONTARIO



1—A good bag from Northern Ontario hunting grounds.

2—The head of the bull which answered the guide's call in 3.

3

With the coming of the forest and the "Moon of the Falling Leaf" comes also the hunting season for caribou, moose and deer. For the past ten months, thousands of sportsmen have been longing for the return of the season. And to-day the season in Quebec, Ontario, New Brunswick, Alberta and British Columbia is in full swing. Once more the red woods are abounding with the caribou, the hunter's rick and the red blood of Canada and the United States is piling itself again the monarch of our native wilds.

In Quebec, good chances for deer are reported from Lake Megantic, the Laurentians, the Gatineau Valley, the Wabigoon branch line of the Canadian Pacific, Timiskaming, Kipawa district, and other sections, while in Ontario, Byng Inlet, Lakesley, French River, Egmont for the Trout Lake Country, Lake Pelee, Massay, Blind River, Thessalon, Deserata, Mattawa, North Bay, Sturgeon Falls and Carleton are well favored.

Caribou, in Quebec, may now be found only in the remote northern sections, and in Ontario, on the lands of Lake Superior, near the Sturgeonport, Schreiber and Nipigon, on the mainland.

From all these districts come stories of wonderful luck which will thrill the hearts of sportsmen in every part of the Dominion. Take the good fortune of Dr. C. H. McCready, of Montreal, and Mr. A. O'Keefe, of New Rochelle, New York. The latter, patron of the Ste. Jovite district of the Laurentians, Quebec, penetrating some days ago from Gray Head Inn, at Ste. Jovite, to Big Devil's Lake, sometimes referred to as Lac Croix, there met a magnificent cow moose and an immense bull. The climax came when another splendid bull obligingly was taken within 50 yards of the hunter's camp. The first shot from the doctor's rifle brought him down and Mr. O'Keefe finished him off.

Again, from P. W. Arnett's Temiskaming Camp, 30 miles up Lake Timiskaming from Timiskaming Station, at the mouth of Kipawa River, word comes that Mr. A. Cavasch, of New Rochelle, got his moose within an hour and a half of leaving camp, and a half hour later, two hours and a half later, he was back with another moose. Next morning, while the animal was being skinned, another big moose calmly watched the operation for five minutes from a point close by.

After that, can you still keep your hand off your rifle?

NEIGHBORHOOD SPIRIT

If you live in a large city, you probably know little of the warm, beautiful word, "neighborhood." To understand what the neighborhood spirit is, you must live in a great city, in a quiet street of a village. Like many other beautiful things in the world, it is hard to define, and it is harder to find. You hear it in the voice that calls you back to the country home, even when years have passed, and there are no kindred left there.

It has in it the flavor and memory of country folk who built their houses for posterity; on whose acres the soil was no price; who looked forward to the day when their children and their grandchildren should inhabit the land, as citizens of a great nation.

That feeling of kinship with your neighbors is in marked contrast to the usual loneliness of life in a great city. The dweller in the city is surrounded by crowds of people whom he does not know—people who live in magnificent brick buildings or in apartment-houses, where a real neighbor is hard to find. The dweller in the country, on the other hand, has a feeling of kinship with his neighbors. It requires few words, which grow solid. It depends on a feeling of permanency.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions persist. To rid of them, use Miller's Worm Expeller. It is a powerful medicine, and it is the only one that kills the worms, and it is the only one that does not irritate the bowels. It is the only one that is safe for children, and it is the only one that is safe for the aged. It is the only one that is safe for the weak, and it is the only one that is safe for the sick. It is the only one that is safe for the healthy, and it is the only one that is safe for the strong. It is the only one that is safe for the whole family, and it is the only one that is safe for the world.

BY HEART

One of the most eminent living men in literature has given the world a remarkable picture of his father, but of all the revelations he makes, none strike us so noteworthy as the following reference to the Bible.

Before he reached middle life he had memorized the whole of it, and he had it in his mind, and it started anywhere, even in a minor prophet, he could go on without a break as long as ever he was called for that exercise.

Even regarded only as a feat of memory, this feat is astonishing enough, but when we think of the devotion, as an act of the character, how it must strike us with astonishment. And it was the achievement of an excessively busy man.

How true is the saying, "The faster a man is the more he intends to do tomorrow." As for us, let us do it today.

THE MYSTERY OF FRAGRANCE

Nothing in the physical world is more mysterious than fragrance. It has baffled all attempts to define its nature, its substance, or its action. Science has tried in vain to discover whether fragrance is a vapor, or a gas, or some other substance present in the atmosphere in a state of subdivision.

Any such explanation falls before the fact that a strong smelling odor can be filtered through a tube packed with cotton-wool, and that the smell is still perceptible. Flashes, even, whose organs of smell are entirely separate from the organs of taste, can detect odoriferous matter through the water without touch, vision or hearing.

CALIFORNIA AND PACIFIC COAST TOURS

When winter comes the Pacific Coast States and British Columbia offer the haven of refuge from our rigorous climate, particularly sunny California. California has become famous as a winter tourist region because of its excellent climatic conditions, its variety of life, and its scenery. It is a land of outdoor sport and recreation, its splendid roads, its beautiful scenery, its magnificent National Park and Mount Robson, the North Pacific Coast Hotel, and the Pacific Coast Hotel, all offer a wide choice of routes embracing rail and sea trips. Travel one's way through Canada, California, and the Pacific Coast, and one will find a land of outdoor sport and recreation, its splendid roads, its beautiful scenery, its magnificent National Park and Mount Robson, the North Pacific Coast Hotel, and the Pacific Coast Hotel, all offer a wide choice of routes embracing rail and sea trips.

Little James, while at a neighbor's, was given a piece of bread and butter, and politely said, "Thank you, but I like to hear little boys say 'thank you'."

"Well," rejoined James, "if you want to hear me say it again, you might put some jam on it."

A KINDLY HINT

Little James, while at a neighbor's, was given a piece of bread and butter, and politely said, "Thank you, but I like to hear little boys say 'thank you'."

"That's right, James," said the lady. "I like to hear little boys say 'thank you'."

Robert's Syrup

of the Extract of God Liver & Fat for COUGHS, COLDS and BRONCHITIS

Bring In Your Cream Early in the Week

Acton Creamery has decided not to accept cream on Saturday after twelve o'clock a. m. The Government is anxious to secure a higher standard for Ontario butter and this is one of the methods that will facilitate our work in this direction.

Let us have your co-operation if this move to secure higher standard and make better butter.

Acton Creamery Co. T. J. O'NEIL, PROP. We are still buying Eggs. OPEN TUESDAY, FRIDAY AND SATURDAY EVENINGS. "Quality" Our Motto. Phone 53

FOR SALE

The Famous No. 21 Fleury Plows Only Six of them, \$21.00 each, with two shares and skimmers.

Three Good Road Carts Very cheap. Just what you need for bad roads in the fall.

Diamond Seed Harrows One Set Four Section, Diamond Seed Harrows at a bargain.

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Automobile and Carriage Painting Done at Reasonable Prices

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The Acton Free Press

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Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of Constipation, Wind Colic, Flatulency, To Sweeten Stomach, Diarrhea, Regulate Bowels.

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opium.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Physicians everywhere recommend it. Free Press Job Printing is always Neatly Done

Railway Time Tables AT ACTON

CANADIAN NATIONAL RAILWAYS

Table with 2 columns: Train No. and Time. Includes 'Going West' and 'Going East' sections.

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Toronto Suburban Electric Railway

Table with 2 columns: Train No. and Time. Includes 'Going West' and 'Going East' sections.

Freight delivered by special express. Freight picked up at an address in Toronto.

R. T. THETFOLD, Agent, Acton

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This Store's Policy

To represent goods exactly as to their quality; to sell to those who know and to those who don't know at a uniform fair price; to fulfill all guarantees and cheerfully correct all mistakes; to deserve your confidence, by always giving you satisfaction.

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