ALL'S WELL

Well-it is well, that all be taken To-which-man's-weakness-clings,-If the stripped heart, by sorrow shaken Speeds forth to loftier things.

Well that the flame of youth should The flower of health be shorn,

If from the grave of that we cherish

A worthier self is born! What though our toil, our cares and power of His resurrection, and the strivings, 7-11. Earth's perfect outcome miss? Now heights there are of nobler living, New world that outweigh this!

Grief, joy and love beyond our scoing So far from boasting in these things, One glorious truth foretell: That, in the soul's full Sun of Being, All things at last are well. -Dora Real Goodall.

TWENTY YEARS AGO

From the Issue of the Free Press of Thursday, September 7, 1905

A darge number of the employees with Him all else was not only worth- of the Lucy Dalton, the first Canadian of the Acton Tanning Company are less but positive less; Christ-Jesus- Pacific engine, which passed through working overtime. The price of wheat is down between 75 and 80 cents. . .

School on Tuesday. A large number went from Acton on Monday to the Sons of Scotland then he adds, "I do count them but adian Pacific shops at North Bay and for the Old Timers' celebration, and was then North Bay. demonstration at Stanley Park, Erln. refuse (something only fit to cast to Mr. J. H. Denny, of Erin, left a very dogs) that I may gain Christ." Ali large hen's egg at this office on Mon- other "gains" were "loss;" if they stood day, weighing three and three-eighths in the way of the one great gain, he

another contingent from Acton last gain? Christ. Not merely the parden "think on," or more accurately, to dacks known as the Au Sable Chasm week. Mr. John Harvey and Miss and He, etc., that are in Christ, but "take account of." These are: (1) was, years ago, spanned by a rude Mary, to Indian Head; Mrs. Alex. H. Christ Himself and all that there is in "Whatsoever things are true." We wooden bridge which hung 125 feet

John Street last Friday afternoon. years since they were all together.

re-modelled throughout and considbuilding of the house.

THE LINE IS BUSY

pected to introduce an element of Christ made in His death and that freshness and variety into the mon- therefore we are justified. Second. otony of farm life. But some of the it is the Risen Christ who by His uses to which this instrument has been resurrection life brings spiritual life adapted by ingenious farm women to us and saves us from the dominion surely go beyond the pleasantest an- of sin, and it is by union with this

In many of the counties of the Mid- that we may bring forth fruit unto dle West the telephone has become God. Third, there is power in the resso popular that there is one in almost urrection of Christ to give assurance every farmhouse. - Many incidents at- of our own resurrection. Fourth, there test the adaptability of the instrument is power in Christ's resurrection to to the varied needs of country life. raise us from the dead and transform One old lady of well-known sociability the bodies of our humiliation into the was found by a chance caller sitting likeness of the body of His glory. The pleasantly at her knitting, and wear- power of His resurrection is something ing what at first appeared to be some that we may know to-day and which curious headgear, but what, on a clos- we shall know in ever increasing remedy, and years of use have enhanc- leading down to the timber on the er view, was seen to be the telephone measure till He comes and we are ed its reputation. receiver fixed to her head by an old made by the power of His resurrechatband. All the telephone subscrib- tion life just like Him, spirit, soul ANECDOTES IN IRISH PEASANTRY the darkness his horse, had crossed ers on the road were on a party line, and body. But there was something and the old lady's car was "hitched" else that Paul desired to know but to all the private news of the country- which to-day many shrink from know- account of his dealings as a physician that, when he saw the perilous path

finding it necessary to go to a neigh- suffer with Him. Christ had reached ings and sayings which have the merit down into the chasm, he trembled as boring farm on a household business, the throne by way of the cross. Paul of being both new and true. It is well if he had been stricken with the palsy took down the receiver and laid it desired to reach it in no other way, known that the water-cure is one not near her sleeping infant, and requested In being made a partaker of the suf- likely to meet with much appreciation "Central" to "Ring me at Mrs. Hall's fering of Christ and becoming con- in Erin; but the manner in which one

A physician, making a country call, to "attain unto the resurrection from that a bath might be desirable was found himself in want of something the dead," By the words, "if by unexpected. She repudiated the idea he had left in town. He went to the any means I might attain unto the indignantly. farmer's telephone to request that it resurrection from the dead," Paul does

receivers.'

WASTED TIME

have the wrong idea. Not long ago a young fellow told a friend he was ashamed to waste so much time sleeping. "I've tried to get along on four or five hours a night," he said, regretbest possible investments of time.

whether it is spent in studying mathtime is wasted which is given to un- the goal) and forget them as he passkind criticism of others, or to self- ed them. He was ever "stretching forpity. If you want to waste any part ward to the things which were bethorough-going fashion yet devised, sit father, or that you had been born when opportunities were more plentiful. Of all ways of wasting time, that is para-

MEASUREMENT ORIGINS

were originally taken from parts of are contented with and talk too much the human body, before there was any about present attainment. Don't do plan to form regular tables of mea- that, "press on," there is something The question, "What's in a name?" surement. The inch, for instance, de- better, yea, infinitely better, ahead, may be answered from one point of your seats where you are." veloped from the exact length of the Let us not forget that it was well to- view by narrating a bit of experience

"hand" was the four inches across a words and he was still pressing on. Now be it known that there are inches, dame from the space from the was "the high-calling of God," i.e., to old colonial days, and are quite end of the thumb to the end of the that high destiny to which God had proud of their ancestry as the Vere de extended little finger. The foot, twelve called him (and us). Paul had just Veres of Fritz Montmorencys. from the length of a man's foot.

The cubit, an old measure of about and others as "perfect." Some have "No," answered the Coward in queseighteen inches, is the distance of the thought it was an ironical reference tion. "There are too many thrilling forearm from the elbow to the end to those who spoke of themselves as associations connected with it." of the middle finger. The yard meant "perfect;" but this can hardly be for "In what way?" an arm's length from the chest, or a Paul says "let them, as many as be "Well, from the time-when I was a stride, being still a standard measure perfect." The true explanation is very little boy until I went through college of thirty-six inches or three feet. The simple. The word "perfect," like a I had more than fifty fights on account fathom, six feet, was guaged by a man's lot of other words, has a wide range of of it." height, or by his reach with both arms, meanings. It sometimes means full The word fathom, as a verb, still grown, of mature age. The same means to reach, or get the depth of a Greek, word is translated "full-grown body of water. The league meant at man"). That is about its meaning first an hour's walk, so that now it here, "as many as are perfect" means, couple who had come from the country means about three of our ordinary "as many as are mature in spiritual the bridegroom inquired: "What do" present milles .- G. S. C.

If one be troubled with corns, he will have we), but a relative perfection lows me two dollars." find in Holloway's Corn Remover at may be ours here and now. application that will entirely relieve

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, SEPTEMBER 6

Place-Rome.

PAUL WRITES TO THE PHILIP-PIANS-Philippians 3; 7-16; 4:8. Time-Of writing this Epistle-61-62. A. D.

The Text Explained

1-"That I may know Hinr, and the Paul has recited the things in which he might boast, and now he tells what he had done with them one and all. "What things were gain (literally, gains) to me, these (very things, one and all) have I counted loss for Christ." "Gains" they might be in themselves, but in comparison with Christ and especially as standing between him and Christ, he lumped then: all together and labelled them "loss."

All the members of the family of he would be found (and we also are any kind. (5) "Whatsoever things are appeared, a stranger drew up his horse particularly.

Mr. and Mrs. Thomas Statham, met so found) "not having a righteousness lovely." The word translated "lovely" in front of the tavern at Au Sable The second at their residence, Church Street, on of his own (i.e., a righteousness which means "winning love" or "winsome," Forks, and entered. As he was eating of cleaning the teeth, the necessity of Labor Day, except Mrs. L. Flynn, of he had wrought out for Himself by "pleasing." True Christianity studies his supper in a corner of the room, having small cavities filled and also Col, in a family re-union. It is several keeping the law of God), but that (His righteousness) which is through faith ranging for a half-holiday on Tuesday, 19th, when they hope all citizens
will join them in a afternoon of games,
sports, music, etc.

Contractor Mackenzio commenced

Table 15 put to our account regardless of of kindly speech)."

Sports, music, etc.

Contractor Mackenzio commenced

Christ not baying a right-outsite, in the way

"Yes, black," answered the newcom
of kindly speech)."

(7) "If there be
any virtue (i. e., moral strength), and
of there be any praise (i. e., that is way?"

Paul tells us in verses 10 and 11 the justly worthy of praise)." These are
condition that we believe in Jesus)."

These are

"No. I used to live in this neighborthe things to "take account to the things to the things to the take account to the take ac A joint committee of Acton Cornet in Christ (i. c., the righteousness which Band and Acton Fire Brigade are ar- is put to our account regardless of of kindly speech)." (7) "If there be er. operations yesterday for the re-build- his own, even that which was of the ing of the Clark House, destroyed by law, but that which is through faith in we think constantly of the false we Sable. fire on the 18th of August. It will be Christ. That reason was (1) that he might know Him, i.e., Christ. Only erably enlarged. Mr. Roche, the new the man who is entitled by faith can will ourselves become inconsistent, if "You're crazy!" exclaimed the landproprietor, is superintending the re- trust and fully know Christ. (2) that we think much of sins of impurity we lord. "There hasn't been a bridge over he might "know the power of His

Christ's resurrection? It is manifold. First of all, the resurrection of Christ The advent of the telephone into the has power to give us assurance that districts might have been ex- God has accepted the propitiation that Risen Christ in-His resurrection life

formed unto His death, Paul expected old woman received the suggestion

"Sure," said she, "I've heard of 'er be sent to him. As he did so the un- not express doubt that he will attain washin' a corpse, but niver a live mistakable click of receiver hooks unto it, but puts very strongly the one!" could be heard all along the line. In importance of attaining unto the He had some trouble with patients closing his conversation the doctor resurrection from the lead and the who were divided in mind as to res- of success. It is sure remedy for necessary condition. The phrase, "the pective powers of himself and the every-sufferer. "Now you may all hang up your resurrection from the dead" is a very "wise woman" who would treat them impressive one. Literally translated, as sufferers from witchcraft; and he It would be "the out-resurrection, that was not always able to urge his out from the dead." It clearly points claims to a victorious issue. Many to a resurrection of some out from the sufferers, however, placed in him a of a former British prime minister, mass of the dead, a first resurrection childlike and cheerful faith, and of Lady Cynthia Asquith might be expect- morning and in the evening to-day. to remark:

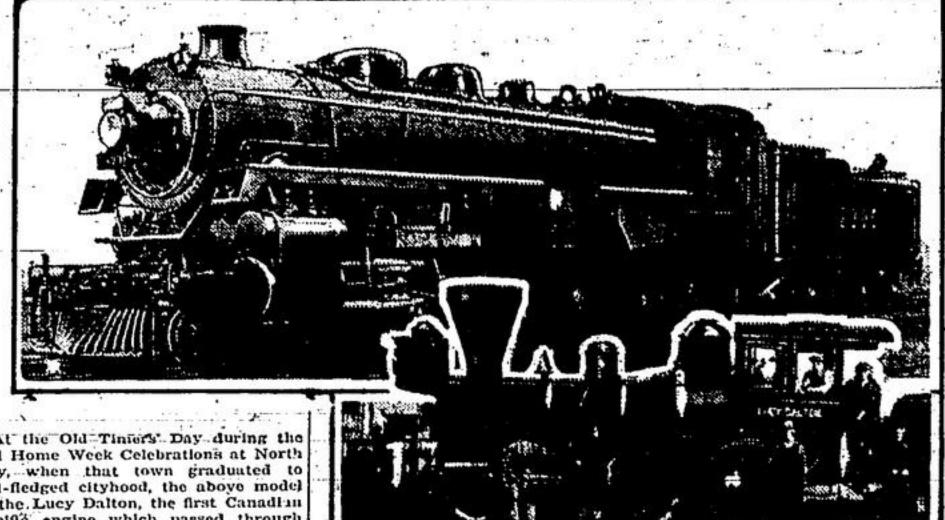
II. "I press on." 12-16. He says that he was not "already if it don't cure me he'll describe me husband was a Liberal or a Conservamade perfect," but his face was stead- again." fully, "but I have to have a full eight fastly set toward that goal. He was able to "describe" for them "Well," was the reply, "when he's To sit up straight and to stand up hours, such a waste of time." As a "pressing on" (or, pursuing). Christ on the whole successfully, although with a Liberal he's a Liberal, and if straight, to eat slowly, and to attend matter of fact, the sleep that repairs had laid hold upon Paul for a purpose, at first he found it difficult, on re- he happens to be with a Conservative, to tollet and each need of my body at in eight hours the damage done by viz., to perfect and glorify him; and ceiving accounts of the invalids from he's a Conservative." sixteen hours of activity is one of the Paul presses on to seize that perfect distracted messengers or relatives, to "Yes, but what is he; when he's at To take a full bath at least twice a tion and glorification for which Christ judge what kind of disease he would home?" persisted the questioner. Time spent in play is not wasted; has selzed him. It is an unfortunate have to deal with. But in good time "Oh," said the woman, "when he's play is as necessary to health as food. day for any man, no matter how great he acquired the necessary knack of in- at home he's merely a nulsance." The old saying: "All work and no play his spiritual attainments may be when terpretation, and ceased to be puzzled makes Jack a dull boy" is profoundly he thinks he now has all. There is al- when he was called in to treat tontrue. As a general rule, no one takes ways something better further on silitis under the appellation of "toso long to do a piece of work as the While Paul did not count himself, matees in the froat;" bronchitis as some factories and workshops carbolic seen through the perspective of years. fellow who never plays. His mind is "yet" to have apprehended, he ever "brown katum on the stomach," or acid is kept for use in cauterizing the The Chicago News is responsible for in a rut. He plods doggedly when he set his face toward apprehending in even "conjecture" of the lungs with wounds and cuts sustained by the story which might prove libellous should run. Too much time may be all its fullness that for which Christ combinations!"—presumably conges- workman, Far better to keep on hand were names mentioned. given to recreation, or it may be the had apprehended him. He concentrat- tion of the lungs with complications, a bottle of Dr. Thomas' Eelectric Oil.

wrong sort, but play is not a waste of ed all his efforts and thought on this With all the bulls and blunders of It is just as quick in action and does "one thing." The things already at- his patients, however, they were bright not scar the skin or burn the flesh. Time used half-hearted is wasted, tained he did not stop to regard with enough in their own way, and they complacency and self-satisfaction, but could describe an affliction if they ematics or in playing tennis. That left them behind (for they were not could not always name it. fore." He was not occupied with the mand everywhere, can be got at any says Household Words, directed the out nights!" walled the unhappy young good things of past experiences, but chemist's or drug shop, at a very small new man to imitate him closely, and woman. with the better things of future ex- price. They are a reliable remedy for thereby learn his duties. perience. The word translated worm troubles and can fully be relied | When the first train came lifto the my dear? It doesn't seem possible! "stretching forward to" (R. V.), is a upon to expel worms from the system station, the head porter shouted, I used to know all about my boy's very expressive word. It pictures the and abate the sufferings that worms "Ferryhill; change for Hartlepool, habits, and he never went anywhere runner pressing his whole body for- cause. There are many mothers that Stockton and Middlesbrough; change he shouldn't. How late does he stay ward toward the goal and stretching rejoice that they found available so for Spennymoor, Coxhoc and Trimdon; away?" out his head in his eagerness to cross effective a remedy for the relief of keep your scats going north."

the line. Such is the way for the their children. Natural measurement of distance Christian to run his race. Too many wards the close of Paul's wonderful confided to one of his friends by a man and showed him the right names on The old measurement called the life of achievement that he wrote these named Coward.

inches, came, as its name signifies, denied that he was "already made perfect," but now he speaks of himself name?" asked a friend. development." Absolute perfection owe you, sir?" Paul had not attained to (and neither

LITTLE LUCY DALTON AND HER BIG GRAND DAUGHTER



At the Old Timers Day during the Note how exultantly Paul dwells upon Old Home Week Celebrations at North the names and titles of Him Who was Bay, when that town graduated to all in all to him and in comparison full-fledged cityhood, the above model Lord. And then note that little but North Bay, took part in the principle wonderfully expressive pronoun, "My" procession and finally posed for her -"My Lord." There is here an im- photograph by the side of one of hor

will ourselves become false, if we think

Daily Readings for Next Week

for the Philippians. Phil. 1: 1-11...

tive, Christ. Phil. 1: 12-21.

for Christ. Phil. 1: 22-30.

Citizenship. Phil. 3: 12-21.

living. Phil. 2: 1-11.

world. Phil. 2: 12-18.

ers. Phil. 4: 10-20.

Monday, September 7-Paul's prayer

SOMETHING IN IT

"Have you thought of changing your

CLOSE FIGURING

After the squire had married

"The law," replied the squire, "al-

"All right," said the bridegroom, "I'll

give you one dollar and then you'll

plied and tremendous suggestion of gigantic granddaughters, who nowa- puffed her way along the streets of many were the hair-mising stories told commenced attendance at the Public the Delty of Christ Jesus. Then Paul days perform the duties once carried the new city on her own motive power. of the days when, half a century ago, adds that on account of Him he had out so inboriously by Lucy herself. The Thousands of old-time railroad men the railroad was first Aushing its way "suffered the loss of all things." And model was constructed in the Can- gathered in the Baby, City of Ontario through the barren wilderness which

The final exhortation in vs. 8, 9, 18 ACROSS THE AU SABLE CHASM | HEALTH HINTS FOR EVERYBODY had gladly sacrificed them all for it, of a general and comprehensive charthe harvest excursion trains took the gain of Christ. And what did Paul acter. He tells them of the things to

Mary, to Indian Head; Mrs. Alex. H.
Brown, to Manor; Ernest Wilson, H.
Sayers, Jr., and T. Bayliff to Strathcona; D. Taylor, to Brandon; G. D.
Darling and J. Mackle, to Vancouver;
James McIsaac to Boisevain.

Mrs. John Cameron, President of Acton Women's Institute, entertained the members on her pretty lawn on

to please (cf. 1 Cor. 3: 5). (6) "What- the landlord engaged him in conversa- deals with prenatal influence on the soever things are of good report (or tion. "Dark night outside," he said teeth of the child. In this connection

"Which way did you come?" become like what we think about. If "Right over the bridge at the At

Everybody in the room stared at the

long of the inconsistencies of men, We man. will ourselves become impure, if we the Au Sable for ten years." think of all true things we will become "I guess you are mistaken. I certainly rode my horse over that bridge not three-quarters of an hour ago!"

down ten years ago." Tuesday, September 8-Life's Objec-"Again I tell you, my friend, that I rode across it this very night. It was Wednesday, September 9-Suffering too dark for me to see, but I heard the clatter of my horse's feet on the planking, and the noise of the water Thursday, September 10-Christ-like in the chasm below." Everyone supported the landlord Friday, September 11-Light in the but the stranger said, "Wait until day-

light, and we will see whether or not Saturday, September 12-Heavenly there is a bridge there!" Sunday, September 13-Mutual help-.The next morning everybody was at Au Sable Chasm. There, sure enough, were the fresh prints of a horses feet Protect the child from the ravages deading from the end of the stringer of worms by using Mother Graves' A daring youth walked across on the Worm Exterminator. It is a standard beam, and found the same hoof prints

The stranger had told the truth. Dr. L. Orman Cooper, in a pleasant weather-beaten beam! It is declared ing, "the fellowship of His sufferings." with the Irish peasantry, tells some over which he had so unconcernedly In another instance a young mother, Christ had suffered. Paul desired to characteristic anecdotes of their do- ridden the night before, and glanced

> becomes lodged in the bronchial tubes. Girl": others gather, and the awful choking of asthma results. Nothing offers quite such quick and positive relief as Dr. J. D. Kellogg's Asthma Remedy. The healing, soothing, smoke or vapor penetrates, clears the passages, and gives untold relief. It has behind it years

LIKE MANY MORE

Because she is the daughter-in-law drinks to-day. (cf. Rev. 20; 4, 5; 1 Cor. 15; 23, 24; these a typical specimen was heard ed to be a keen politician—and she I took ten or more slow, deep

after giving me a description, and A woman was asked whether her open, more than thirty minutes to-day.

A Prime Dressing For Wounds,-In

GOT THE TUNE ALL RIGHT

A new Irish porter was put at work thing happened to Will?" Miller's Worm Powders, being in de- on an English train. The head porter,

> Barney strode after him and shouted Morrham, Findham, Coldham; kape six. Oh, what shall I do!" The station-master called him aside

Barney removed his cap and said

Every 10c Packet of WILSON'S WILL KILL MORE FLIES THAN STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and

Literature Giving Valuable

ings with Him. Being "found in Him" pure"; not only the things which are long pitch-dark night, ten years after other is called "Mouth Hygiene" and chaste, but pure from defilement of the bridge over the chasm had dis- deals with the care of the teeth more

The second booklet stresses the value In the other pamphlet the matter i divided into several heads, colds, constipation, mouth breathing, weight, and a number of tables dealing with malnutrition.

Under the heading "Food Ways to Health" the following advice is given. Health Hints Bogin and end the day by drinking a

glass of water and drink at least four glasses during the day. Eat a good breakfast every day. Eat slowly, at regular hours, and chew all food well. Do not drink while

"Impossible, sir. That bridge blew eating. Eat a well-cooked cereal every day. Ent at least one cooked vegetable

> besides potato every day. Eat fruit, either fresh or dried, every day. Buy fruit instead of candy. Eat bread and butter every meal; dark, hard breads are best. Eat one egg every day. Eat meat once a day, preferably at the mid-day

> Eat very little candy and only the end of a regular meal." the body no good, but does it harm. Do not eat or touch any food without first washing the hands.

Do not eat fruit without first was Do not eat with a spoon or fork which has been used by any other Do not drink from a glass or cur which has been used by another pecson without washing it. Neven use the common drinking cup in a public place.

In the section dealing more par ticularly with children there are the Choked For Air .- Some little irritant following "Chores for Each Boy and Things to Do

I washed my hands before each me to-day. I washed my face, my hands, my ears and my neck this morning and cleaned my finger nails. I kept my fingers, pencils and everything that might be unclean, out of my mouth and nose. I drank a glass of water before each

meal, and before going to bed, and drank no tea, coffee, or other injurious I brushed my teeth thoroughly in the

I played outdoors, or with windows To keep neat and cheerful constantly, and to be helpful to others. its regular time.

DEGENERATION

The tragedies of early married life

A young wife came to her motherin-law with a heart-broken expression recently, and threw herself into a chair in the abandonment of grief. "Why, what is the matter, Mary? the elderly lady exclaimed. "Has any-"O mother! He's taken to staying

"How long has this been going on,

"You know he usually leaves the office at five o'clock, mother. Night in a louder voice: "Fareyhill: change before last he never got home until for Dahore, Umpmump, Tootalooral, six, and last night he didn't set foot Diderham; change for Coxcomb, in the house until twenty minutes past

Somebody has said that although politely. "Thank you, sor. I got hould to dream costs nothing, the habit is still is four inches. The span, nine pressing toward the goal. (That prize can trace their honored lineage back of the music, but I couldn't catch the a mistake, for it may cost you your inches dame from the great fr work that is unworthy of you, satisfying your self with half success, you mny find an hour of dreaming, dissipating that cheap content of yours. Dreams cost in work sometimes, for if one catches a glimpse of the ideal, it is almost inevitable that he will strive to realize it. Many a small-town loafer, with nothing better to do with his time than meet all the rains, becomes a panting, sweating toller because he dreamed a dream. Dreams are costly, that is certain, and it is also certain that they pay.

Muscular Rhoumatism Subdued .--When one is suffering from muscular rheumatism he cannot do better than to have the region rubbed with Dr. Thomas' Eclectric Oil. Let the rubbing be brisk, and continue until case is secured. There is more virtue in a bottle of it than can be fully esti-

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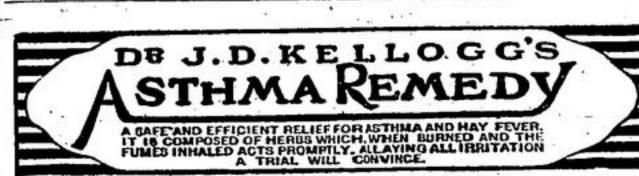


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