

AL'S WELL
Well—it is well that all be taken
—which smacks—when—elude—
If the heart, by sorrow shaken
Speaks forth to letter things.

THE SUNDAY SCHOOL
LESSON
FOR SUNDAY, SEPTEMBER 6
PAUL WRITES TO THE PHILIP-
PIANS—Philippians 3: 7-16; 4: 8.
Time—Of writing this Epistle—61-
C. A. D.
Place—Rome.

THE TEST EXPLAINED
"That I may know Him, and the
power of His resurrection, and
the fellowship of His sufferings,"
Paul has recited the things in which
he might boast, and now he tells what
he had done with them and all.
So far from boasting of these things,
"What things were gain (literally,
gains) to me, these (every thing, one
and all) have I counted as loss for
Christ." "But they might be in
themselves, but in comparison with
Christ and especially as standing
between Him and Christ, by Himself
then all together and labelled them "loss."
Note how exultantly Paul dwells upon
the names and titles of Him who
he loved and in whom he was
glorified. He is all to Him and in
comparison with Him all else was not
only worthless but positive loss; Christ—Jesus—
Christ Himself is that which he
wonderfully expressive pronoun, "My
—My Lord." There is here an im-
pelled and tremendous suggestion
of the fact of Christ Jesus. Then Paul
adds that on account of Him he had
suffered the loss of all things. And
that he actually counted them as
refuse (something only fit to cast to
dogs) that I may gain Christ. All
other "gains" are counted as refuse
in the way of the one great gain, he
had gladly sacrificed them all for it,
the gain of Christ. And what did Paul
gain? Christ. Not merely the name
and title, etc., that are in Christ, but
Christ Himself and all that there is in
Him. Christ Himself is infinitely more
than anything that there is in Him.
As a result of gaining Christ, Paul
(and we) would be "found in Him," i.e.,
in living union with Him, incorporated
in Him and identified with Him in His
death, resurrection and ascension,
identified with Him in all God's de-
signs for Him. Being "found in Him,"
he would be found and we also are
found "not having a righteousness of
our own, but that which is the righteous-
ness of God, which is His righteousness
which is by faith in Him, i.e., in
Christ, in a family re-union. It is several
years since they were together.

THE LINE IS BUSY
The advent of the telephone into the
rural districts has been ex-
pected to introduce an element of
freshness and variety into the mon-
otony of farm life. But some of the
uses to which this instrument has been
adapted by ingenious farm women
surely go beyond the pleasant an-
ticipation of its inventor.

WASTED TIME
What is wasting time? Some people
have the wrong idea. Not long ago
a young fellow told a friend he was
ashamed to waste so much time sleep-
ing. "You tried to get along on four
or five hours a night," he said, "and
fully, but I have to have a full eight
hours, such a waste of time." As a
matter of fact, the sleep that requires
in eight hours the damage done by
sixteen hours of activity is one of the
most possible investments of time.

MEASUREMENT ORIGINS
Natural measurement of distance
were originally taken from parts of
the human body, before there was any
plan to form regular tables of meas-
urement. The inch, for instance, de-
veloped from the exact length of the
thumb joint.

EVERY 10¢
PACKET OF
WILSON'S
FLY PADS
WILL KILL MORE FLIES THAN
5¢ WORTH OF ANY
STICKY FLY CATCHER

Close Figuring
After the squirrel had married a
couple who had come from the country
the bridegroom inquired: "What do I
owe you, sir?"
"The four dollars you applied the squirrel
allows me two dollars."
"All right," said the bridegroom. "I'll
give you one dollar and then you'll
have three dollars."

ACROSS THE AU SABLE CHASM
The famous gorge in the Adiron-
dacks known as the Au Sable Chasm
was, years ago, spanned by a rude
wooden bridge which hung 125 feet
above the water. One single and a
half mile of bridge, but a single stringer
and bridge, eighteen inches square,
was not replaced, but this single
stringer remained, rotting, whitening
and rounding in the weather.

HEALTH HINTS FOR EVERYBODY
Provincial Board of Health Issues New
Literature Giving Valuable
Advice
Copies of two new booklets, issued
by the Provincial Board of Health, Divi-
sion of Child Welfare, have been
received by the city public health de-
partment. One is entitled "Healthy
Hints" and contains general informa-
tion for safeguarding the health. The
other is called "Mouth Hygiene and
Dental Care" and contains directions
to eat in given with general advice.

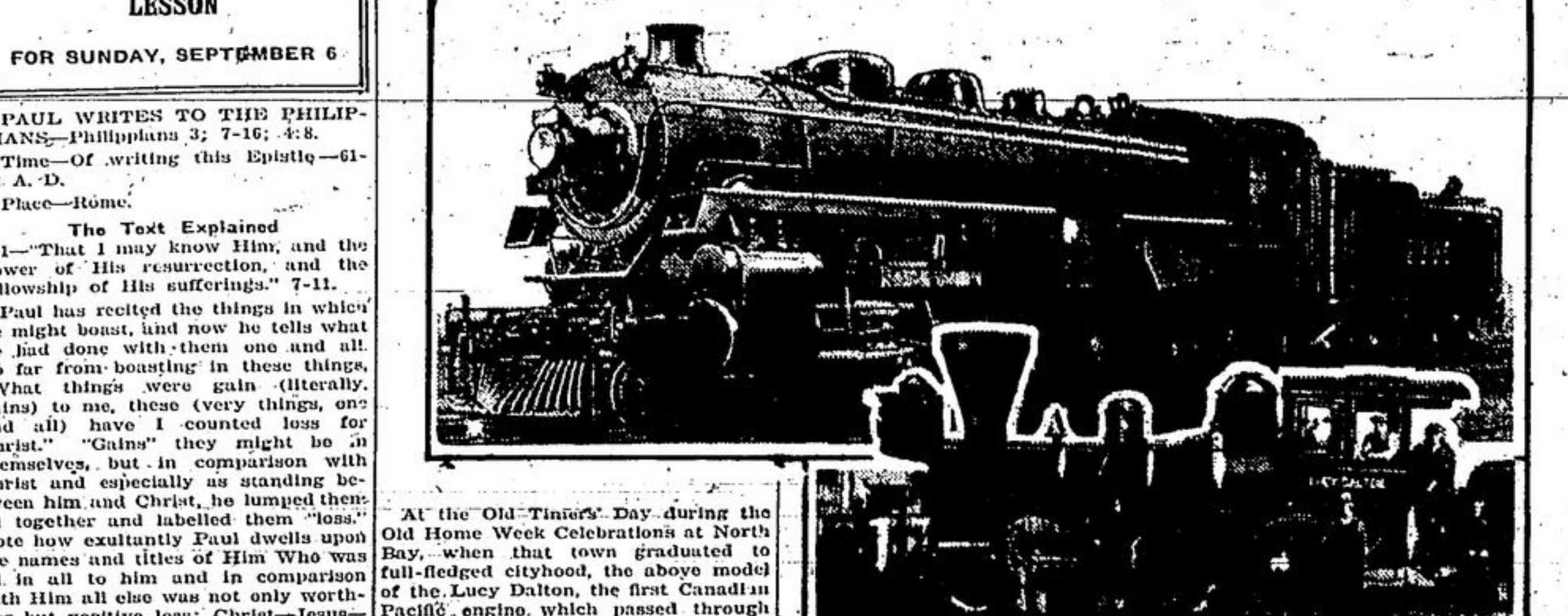
ANECDOTES IN IRISH PEASANTRY
Dr. L. Orman Cooper, in a pleasant
account of his dealings as a physician
with the Irish peasantry, tells of
characteristic anecdotes of their
doings and sayings which have the merit
of being both new and true. It is well
to know that the water-cure is not
likely to meet with much appreciation
in Erin; but the manner in which one
old woman received the suggestion of
this treatment might be desirable as
unexpected. She repudiated the idea
indignantly.

GOT THE TUNE ALL RIGHT
A new Irish porter was put to work
on an English train. The head porter,
says Household Words, directed the
new man to be very close, and
thereby learn his duties.

DEGENERATION
The tragedies of early married life
sometimes seem to deepen as they are
seen through the perspective of years.
The Chicago News is responsible for
a story which might prove illu-
strative of the early married life.
A young wife came to her mother-in-
law with a heart-breaking expression
on her face. "I have been sitting in a
chair in the abandonment of grief."
"Why, what is the matter, Mary?"
the mother-in-law explained. "Has any-
thing happened to Will?"
"O mother! He's taken to staying out
at night!" wailed the unhappy young
wife.

DOES YOUR WATCH KEEP TIME
TRY OUR REPAIR DEPARTMENT. WE ARE GETTING WONDERFUL RESULTS, AND WE KNOW WE CAN PLEASE YOU

LITTLE LUCY DALTON AND HER BIG GRAND DAUGHTER



"All the Old-Timers' Day during the
Old Home Week Celebrations at North
Bay when that town graduated to
full-fledged cityhood, the above model
of the Lucy Dalton, the first Canadian
Pacific engine which passed through
North Bay, took part in the principle
procession and finally posed for her
photograph by the side of one of the
sightseeing granddaughters, who now-
days perform the duties once carried
out laboriously by Lucy herself. This
model was constructed in the Cana-
dian Pacific shops at North Bay and

pushed her way along the streets of
the new city on her motive power.
Thousands of old-time railroad men
gathered in the busy City of Ontario
for the Old-Timers' celebration, and
many were the fair-talking stories told
of the days when, half a century ago,
the railroad was first pushing its way
through the barren wilderness which
was then North Bay.

THE FINAL EXHORTATION IN vs. 8, 9, is
of a general and comprehensive char-
acter. He tells them of the things to
think on, or more accurately, to
take account of. These are: (1) "What-
soever things are true." We should
take account of the truth, we should
love the truth, we should honor the truth
(revere or venerate). (2) "Whatsoever
things are just." i.e., in accordance
with God's law, revealed in His
Word. (3) "Whatsoever things are
pure"; not only the things which are
clean, but those which are free from
any kind. (4) "Whatsoever things are
lovely." The word translated "lovely"
means "winning love" or "winsome."
It signifies that a Christian's studies
to please (1 Cor. 3: 5). (5) "What-
soever things are of good report (or
"sweet spoken") attractive in the way
of kindly speech). (6) "If there be
any virtue (i.e., moral strength), and
if there be any praise (i.e., that is
truly worthy of praise)." These are
the things to "take account of" to
dwell upon in thought and esteem. We
become like what we think about. If
we think constantly of the false we
will ourselves become false. If we think
long of the inconsistencies of men, we
will ourselves become inconsistent. If
we think much of sins of impurity we
will ourselves become impure. If we
think of all true things we will become
true.

DAILY READINGS FOR NEXT WEEK
Monday, September 6—Paul's prayer
for the Philippians. Phil. 1: 1-11.
Tuesday, September 7—Life's Objec-
tive. Christ. Phil. 1: 12-21.
Wednesday, September 8—Suffering
for Christ. Phil. 1: 22-30.
Thursday, September 9—Christ-like
living. Phil. 2: 1-11.
Friday, September 10—Light in the
world. Phil. 2: 12-18.
Saturday, September 11—Heavenly
Citizenship. Phil. 3: 12-21.
Sunday, September 12—Mutual help-
ers. Phil. 4: 10-20.

Protect the child from the ravages
of worms by using Mother Graves'
Worm Expeller. It is a standard
remedy, and years of use have en-
hanced its reputation.

Checked For Air—Some little irritant
besides lodged in the bronchial tubes,
others gather, and the awful choking
of asthma results. Nothing offers such
a quick and positive relief as Dr.
J. D. Kellogg's Asthma Remedy. The
"sure" said she, "I've heard of 'em
washed' a corpse, but never a 'em
one!"

LOOK! MONEY!!
TAKE NOTICE that we will handle your troublesome notes
and accounts on a strictly commission basis—NO COLLECTION
NO CHARGE.
We place 34 years' experience at your disposal, and assume all
your collection troubles. Send us your list, we will do the rest.
No note or account is considered too small, too large, too old or
too far away. We will tackle any honest debt.

CHILDREN
Cry for
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

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Always Neatly Done

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Railway Time Tables

Table with columns for 'Going West' and 'Going East' listing train numbers and times. Includes 'CANADIAN NATIONAL RAILWAYS' and 'CANADIAN NATIONAL ELECTRIC RAILWAYS'.

How the Allcast Moisture System saves money. Tests have proved important savings in fuel where the warm air from the furnace is properly moistened—the saving has reached upwards of 20 per cent. The Hygienic Vapor Pan in the Allcast is designed to supply the correct amount of natural moisture required for health and comfort— atmosphere that protects the family from winter illa.

Leo Latham ACTON ONT. 'MADE AT BRANTFORD CANADA BY' HAPPY THOUGHT RANGES & FURNACES

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Children Cry for Fletcher's CASTORIA. MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups.

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