For all life's day, this is my creed--

Just to uphold the right and spurn the

And sweeten all my labor with a song To sympathize with these who eslip and To live my mith, whatever that may be To alimpse through this brief life-

This is my creed. Oh, may I ever give and 1hbrews, noting the principles of The best I have to those with whom I growth there set down.

-Myrtle Corcoran Watta

Medical Association INFLUENZA

to protect themselves from the particular meaning "a rock." that time. There are fewer opidemics ing, strong and weak by turns. Under now than there used to be because we Christ he learned to be constant and which, not so many years ago, were the ause of epidemics. The early settlers cause epidemics now because our Public as to amount to a falsehood.

measure in preventing epidemics of such the church is the truth that Christ will have caught you. You will see and wool, whose moccasined feet had cause of this disease is not definitely Peter made. A church built anything next and the next; the heroes of Nome, things becoming, is invested in the aura enjoy Quebec herself and whose winter known; nor have we a means of making less than this will full. ourselves immune or realstant to influenza in the way we can, through vaccination, render ourselves immune to small-

influenza may be put in a few words- | boast that though all others should forlive a hygienic life, and if you become sake Christ, he would not? ill, go to bed and call in your family V. 16 .- The proof of love to Christ doctor. This advice is perfectly sound. Is the willingness to serve him by min-Our reason for referring to it is that istering to his children. This proof It is important that it be understood that Peter gladly gave. if we are to protect ourselves at the V. 17 .- Peter had denied his Lord time of an influenza epidemic, we must thrice, he must declare his love thrice. establish and live a hygienic life at all Vs. 18, 19 .- Peter was crucified at

example, always wash our hands before 2 Pet. 3: 18a.—Peter himself describes into our mouths, excepting food and from his Baylour. dink, or a toothbrush. The reason for these habita is to keep disease germs cut of the mouth-the common mode of entrance. Buch habits cannot be suddealy established during an epidemic. mentally, "filled with wisdom." He grew Practice them at all times and you will do them unconsciously, and so protect yourself, during and between epidemics, from seme of the dangers of infection. Questions, concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

TWENTY YEARS AGO

From the Issue of the Free Press, Thursday, February 25, 1909

for spring.

Mr. George Stovel spent a day or so power by which we grow. last week in the city buying the latest | Phil. 1: 6.-If we begin with Christ things in footwear for the spring trade. The clm logs teamed to the G. T. R. end basket factories.

Mr. R. J. Kerr, lot 19, 1st line, Erin, not half full. hogs, choice heavy horses and registered we must press on toward it with all our cows, on Priday March 5th. Ingrim might, & Kerr, Auctioneers.

Parmers growing sugar beets, Mr. acreage among the farmers of this sec- knowledge of God. Indeed, if we are

Mr. E. A. Robertson has purchased we are retrogressing. in Acton and has done a very satis- strength from acting strongly.

of Mr. Devereaux, near Stewartown, on become as great as Paul. But let none beginning a missionary rehool with half

Monday for their new home at Boise- that yet? vain, Manitoba. The first carnival of the season was held on Monday night, and although the weather was mild and the ice poor, the attendance was good. The costumers

was a pleasure for all. interest to the congregation. Rev. Mr. a brief space of time. Wilson, was the preacher for the day.

ern, of Acton.

County Down, Ireland, and relict of Joseph Lowry, aged 84 years.

afforded by Dr. J. D. Kellogg's Asthma families are the happier.

ged for a kitten. It was found that an operation was necessary, and that she must gor to the hospital. The mother promised that if she would be very brave during this time of trial she could have the final kitten to be found. As Mary was coming out from the influence of the anesthetic, the nurse heard her muttering, and stooping heard

these words: "It's a bum way to get a cat." .-

within reach of all.

THE SUNDAY SCHOOL LESSON FOR SUNDAY, FEBRUARY 21

Golden Text .-- But grow in the grace nd knowledge of our Lord and Saviour sus Christ .- 3 Pet. 3: 18a. Leason.--John 1: 40-43; Matt. 16: 15-John 21: 15-10; Luke 2: 40, 52; i.ph. 4: 11-16; Phfl. 1: 6, 9-11; 3: 12-16;

Cel. 1: 9-11; Heb. 6: 1-3,

Sunday: Preliminary Read first the passages relating to Peter's growth, closing with the extract from Becond Peter. Rend next the passage recording Christ's growth. Then read the five extracts from Paul's letters

Monday: Peter the Pupil John 1: 40, 41.-Andrew's greatest cork was the finding of Peter and bringing him to Christ, for it was the start of one of the greatest Christian lives

Jesus Christ without growing. We can It is so. Every year, and this one more trace the growth of Peter clearly through V. 42. Cephas is Aramate (the form of Hebrew spoken by Christ), and Peter anxious to secure information as to how its from both Greek and Latin, both words disease which happens to be epidemic at [V. 42.—Peter by nature was vaciliat-

> Tuesday: Peter the Confessor Matt: 16: 15.- Christ's question is the most important that can be asked of any only for second place was held up by

ship's fever of immigrant fever. Until one. To say that Christ is a great recent years, epidemics of Typhold fever teacher, a great philosopher, a great or so; and how he was cheered and were common. These diseases rarely leader of men is so Yar below the truth cheered, and how they come, these degree you could love, but who only know corner into sight. Their time is close. mushers, from all parts of the North a trainer's hand, and will give allegi- They have one minute in which to reach Health Organization wages a successful V. 17.—If we put ourselves under the Country with their dogs and hounds and fours and fives the goal, and win the first lap. You war against them, providing the neces- influence of the Holy Spirit, he will and huskles. You will pick your dogs, and sixes, straining eager, panting dogs too, are musher mad. You watch the reveal to us the truth about Christ, and Siberians. Alaskans or just plain dogs, with forty miles behind them and eighty bulletin boards with excitement and and before the last entrant has started on before. Then you too are musher mad, wordly exchange the gossip of the rac-V. 18 .- The invincible foundation of the first lap on the first day, the fever and the rough, shaggy individual in fur ing stables. Then, when the great ex-

the Son of God, the confession which the first team drive panting home, the not yet fitted into your own ideas of over, you can perhaps settle down to the trail dogs from Le Pas, fuzzy ant- jef a hero and a knight. You scream sports in which you are permitted to mals who know the Quebec woods trails his name as he mushes past. You hold take a personal if not more strengous part. John 21-15,-The risen Christ was testing Peter, to see whether he had All the advice given in regard to risen above his denials. Did he still

tings. We say, this because no believe leane, head downward hereby would not be included in the broaden would not be included in the broaden we bloom, for by his given Lord. cating; we should never put our hands | how he grew spiritually; it was growth in to our faces excepting to use a hand- Christian grace and in the knowledge kerchief; we should not put anything of Christ. All his growth was in and

> Thursday: Christ's Growth Luke 2. 40. -The Child Christ grew physically, "waxed strong." He grew piritually, "The grace of God was upon

him." Let us see to it that all three kinds of growth are ours. Luke 2 52.-The three kinds of growth ere here again ascribed to Jesus; "stature," "wisdom," and "favor with God." There is added "favor with men." and the honor and love of others are sure to come to one who grows the way Christ grew.

Friday: The Christian's Growth Eph. 4: 11-13.—There are different lines of growth for different people, but the aim of growth should always be the same, to obtain Christlikeness, to be The farmers are putting in large quan- full of Christ.

Eph. 4: 14-16.—The principle of The crows have appeared again looking growth flows from Christ. He is more than our model of growth, he is the he will carry us through to the perfect

station during the winter are now being Phil, 1: 9-11.-We are not to be conshipped to the Oakville and Burlington tent with anything less than to be filled with the fruits of righteousness,will hold his fourth dispersion sale of Phil. 3: 12-16.—The goal of Christian famous Maple Hurst Berk and Yorkshire progress is never reached half-heartedly:

Saturday: The Christian's Growth agent for the Wallaceburg Sugar Com- with the Colossian church if it merely of grain and the car itself will be more of 120,000 pounds. not making progress in the Christian life.

the drug business of his former em- | Col. 1: 11.-The Christian may be ployer, Mr. E. A. Rea, Stratford, where "strengthened with all power" if he only he was head clerk for three years. Mr. uses the strength he has. New wisdom Robertson has spent a year and a half comes from acting wisely and new

their days. Monday night. They spent a delightful of us be content till we have reached a dozen pupils. the measure of growth which God de-Mr. and Mrs. Alfred Soper left on signs for us; and who of us has done

CHILDLESS HOMES

Many years ago a woman in very modwere less numerous than usual but there crate circumstances, the wife of a car-Lenter, had two beautiful daughters who Sunday was observed as Young People's | were to her as the apple of her eye. Day at Knox Church and had much of But death took both of them within For a while it seemed as if the mother would lose her mind, but religion and an inherent richness of nature brought McGAW-MOORE -- At the Methodist her in time to a calmer and therefore church, Acton, on Priday, February a more reasonable condition. She went

19, by Rev. G. W. Barker, Mr. Robert to an orphan asylum, selected two little McCaw, of Galt, to Laura Alma, eldest girls about the age of those she had daughter of Robert Moore, Mill Street, lost, and adopted them. In a little while they were as her own flesh and blood, ALLEN-McEACHERN-In Detroit, on and the bond of affection grew stronger of the school?" asked Miss Selby. January 27, at the residence of the bride's niece, Mr. William H. Allen, of Toronto, to Miss Catharine McEachmarried well. ,

Once more the house was desolate, orphan asylum, and adopted two more school beyond the occasional throwing of in conjunction with the general advance-W. H. Lowry, Guelph, Elizabeth Purdy, children and began a third life of paper wads. This disconcerted the school ment of the company: "The cash postmotherhood, which is not yet finished. a little at first, but later attracted no tion in December 1925 was \$280,000. the grief of bereavement and in regain- garded it, and found means to suggest \$2,000,000." ing her happiness attracted the attention quietly to the younger children that they Attacked by Asthma. The first fearful of others, and she herself urged her show their visitor a model school. When sensation is of suffocation, which hour friends to follow her example. As a the school was dismissed at the close

Besides fear, the feeling doubtless to promise anything.

could never feel quite the same towards self to his books, and with even greater a drink of whiskey. He drank it with relieve those distressing-aliments so often a handicap to those in middle life. Those who have adopted children say magazines which friends in the East otherwise, and they should know. Parenthood is, or should be, something more than love for the child of your! The little school-teacher also had a body. Fur more truly is it the divine Sunday School, and although at first the wish to mould the mind and morals of cowboy pupil thought little of this instianother human being to all that you have tution, he attended that he might as-

"Quebec," says Bara Hamilton Birchall,

than over. Go to Quebec between Februnry 21st and 23rd. All you will hear

is dog, dogs, huskles, mushers, St. God-

dard, Nolan, Chevrir, Seppaia!-a score

of other 'names. You will look at the

blg board in the Chateau lobby where-

perhaps, an enthusiastic soul will get you in a corner and tell you how on

the third day of the last derby, the

new freight cars now on order for the will be wood inside. Canadian Pacific will set a new standard

while eliminating leakage. They will have a capacity of 2,000 bushels of wheat and will considerably speed up the movement of grain. Rivet- inches in length, b feet 7 inches high.

Steel is replacing wood in freight zer-. The 100f of the car will be steel as advance in railway freight transports. vice and seventy-five hundred of the will also the whole structure, but sides then on this continent and they have Additional safety will be provided by pace with the development of the west in grain and general freight service, a new type of truck having a cast steel in recent years crop acreage has in-These cars are not in replacement but frame. These truck side frames which creased. Car loadings have increased in in addition to the woods cars already represent a new standard of Canadian like measure. Improved, harvesting in use, and will furnish a greater margin Pacific equipment, are one integral cast- machinery has been speeded up delivery

you wouldn't want, worth hundreds; greyhounds or mongrels, swing round a

ting of all joints and connections will and 8 feet, 715 inches wide. They will in ample time for the harvest of 1920 Col. 1: 9-10.—Paul was not satisfied reduce to a minimum possibility of loss have 5 foot side doors and a capacity and the Canadian Pacific may be expany and has contracted for considerable held its own, it must increase in the solid and will possess greater rigidity. The new cars represent an important handling.

STEEL CARS NOW FOR FREIGHT SERVICE

MUSHER MAD

been developed more directly to keen of safety, more speed and longer service ing. Elimination of parts in the car to the rails and necessitated still more proper is another noteworthy feature, efficient handling on the part of the

pected to again break the record crop

A COWBOY'S FUNERAL

A little adobe schoolhouse, fenced in from the surrounding ranges with barbed factory business. Mr. Robertson has dis- Heb. 6: 1, 2.-Pirst principles are nec- wire, a wide expanse of semiarid land posed of the Palace Drug Store here to casary; but after we have mastered them, with small areas under cultivation, and with G. A. Ramshaw, Georgetown, for principles. Many Christians are content tended tracts of nearly sterile countrysome time and has come into possession to remain in the primary school all this was the picture outside. Within was a little Massachusetta school-teacher, Mr. Wm. Brown drove a jolly sleigh Heb. 6: 3.-There is a limit of growth "not bigger than a pint of cider," as load of young people down to the home for each of us. Only the Pauls can her admiters in the neighborhood said,

There was need of the work. There was no place of worship, and there had been no school until the opening of the little mission, and the coming of the little woman from Massachusetts.

Slowly the school grew, and gradually other pupils entered than the very little ones who had constituted the first halfdozen - But there was a wide disparity between the ages of even the oldest pupil, and that of one who arrived one morning after the school had been in operation about a month. He was a tall young man, with spurs lariat and sombeto, and he sat on his Indian pony as if he had been a centaur. Pasten- Inc. Mr. Kerby has been the directing There are no mineral drugs in Gal-

see how I like it." and once more the mother sought the and the next. He took no part in the companny has also materially increased, In the meantime her success in healing attention, for the jeacher herself disre- while in December 1028 it was over

by hour becomes more desperate and result, more than twenty children have of the second day, he approached the hopeless. To such a case the relief found good homes and more than twenty teacher with his sombrero in hand and afforded by Dr. J. D. Kellogg's Asthma families are the happier.

Remedy seems nothing less than miracu- Why is it that so many childless people "I know I hain't behaved decent."

Paul, and expressed in one form or an- in the second of every wise Seven out of Ten Are Visiting But Writer in the second of every wise Seven out of Ten Are Visiting Swift, lous. Its help is quickly apparent and give freely of their material wealth to scon the dreadful attack is mastered. found and maintain orphanages and so little shaver, and don't know how to of themselves, the hobler part must bring

nothing of the parentage of the adopted The teacher had been waiting for this He prefers plain, simple food, and gen-JUST WHAT A CHILD WOULD SAY child, or at least nothing of its innate capitalation, and she improved the opdisposition. It is just as great as the portunity by telling him what obliga- bread and butter and milk always sat- tense humiliation. Only those who have risk with children of your bwn; no tions he must assume in the way of stied him. He used no tobacco, and gone through such tortures can possibly greater. The statistics of adoptions are conduct if he became a member of the rarely drank whiskey or wine. among the most heartening in the world, school; and by this time he was ready

were sending to the teacher.

Corns cripple the feet and make learned of what is the highest and best and the teacher in the arrangement of walking a torture, yet sure relief in the - to have an intellectual and aptritual the scats. He soon became a most atshape of Holloway's Corn Remover to helr; and that is possible without being tentive pipal, and before long an earnest their?" beeker after a better life.



Roy D. Kerby, General Manager Durunt Motors of Canada, Limited, who has been elected a Director of Durant Motors ing his horse to the barbed-wire fence, head of the Canadian Company during lagher's Tonic and System Builder. he came inside without knocking, and the past three years, in which period took his seat without removing his hat. the Canadian dealer organization has in-"Would you like to become a member creased 31.5 per cent., domestic sales 128.8 per cent., export business 42 per cent, with every substantial increase in the truck division. Production of Durant cars in Canada has almost doubled His investigation continued that day rines 1925. The cash position of the

GOOD REASON

"I keep under my body," said St. The asthmatic who has found the dependently of this sterling remedy will never be without it. It is sold every
orphan asylums unnecessary? Fear is study. I'd like to come and learn."

If the shaver, and quite know how to the lower part into subjection.

The surgeon of Stonewall Jackson describes his habits of life as very simple. One bitter cold hight, on the Potomae river, when no fires could be light- derful, and I give them full praise." Such ed because of the provimity of the en- amazing evidence serves as convincing enters: "This is not my-own child. I With great diligence he applied him- emy, the surgeon gave General Jackson proof of the power of URATABS to

> "What's the matter?" asked the surycon. "Inn't the whiskey good?" "Yes, very," answered Jackson; "I like it, and that's the reason I don't drink it."

PRECISELY

"Neither. It's a calling!"

EVIDENCE The Doctor's servant was returning home after his day's labor, and his master instructed him to bring a bettle of medicine for his next-door-neighbor. doctor inquired: "Did you deliver the medicine last night, Tom."

Tom-"Yes, sir." Doctor-"Do you know if he took any Tom-"Oh, he must have, because raw crepe on the door this morning."

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Overworked, sluggish Kidneys, Bladder Weakness and Prestrate Gland Trough bring on so many distressing allments which so citen lead to serious diseases that every sufferer from Lameness, Pains in back and down through groins, scarty but frequent urination, "Getting-up-Nights," Nervous Irritability and Lack "How would you classify a telephone of Force-should try the amazing value of Dr. Southworth's URATAIN at once! Any good druggist will supply you on a VV

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WITY A Merchant, to write an Advertisement, has to have some- Subscriptions for All Magazines thing to tell about. That is why it pays to study these messages which contain items of financial interest to you.

TIME TABLES

ANADIAN	NATIONAL	LUAYS
	Golng . West	
		10.41 M.m.
	flunday	7.55 a.m.
	Bunday	10.42 m.trt.
	Bunday	2.29 p.m.
	Bunday,	5.00 p.m.
	Bunday	6.17 p.m.
	Golng East	
unday Only		7.08 p.m.
ally-except	Bunday	7.08 M.m.
	Bunday	11.57 a.m.
	Cunday	3.47 p.m.
	Bunday	0.17 p.m.
ally avent		

		Daily	except Bunday	6.13 p.m
		CA	NADIAN NATIONAL ELE	CTUIO
	-	1	Westbound	7.
		Daily-	-except Sunday	7.85 m.m
		Dally		9.55 a.m
		Dally		11.55 m.h
=	*	Daily	·······	
		Daily		3.55 pm
	_	Dally		5.55 p.m
1	ìl	Daily	***************************************	7.55 p.m
	и	Daily	***************************************	0.55 p.m
	П	Dally		17.74 8.2
		ì	Eastbound '.	
	ł	Daily-	except Bunday	6.50 p.m
	Ш	Daily		0.37 a.m
1	н	Daily		11.37 8.30
ı	Ш	Daily		1.37 p.m
1	i	Dally	***************************************	3.37 p.m
·	П	Daily		5.37 p.m
ı	: 1	Daily		7.37 p.m
ı	1	Dally		9.37 p.m
1	H	Daily		1.15 p.m

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on Saturdays, Sundays and Holl-

days, 10.35 p. m.

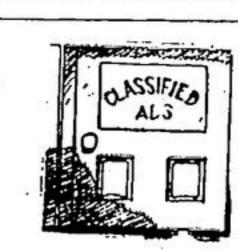
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