A NOBLE CREED

Thou must be true thyself If thou the truth would teach; Thy soul must overflow if thou Another's soul would reach. It needs the overflowing heart To give the lips full speech. Think truly, and thy thoughts Shall the world's famine feed;

Speak truly, and each word of thine Shall be a fruitful-seed: -Live truly, and thy life shall be A great and noble creed."

Twenty Years Ago.

From the Issue of The Free Press o Thursday, May 29th, 1919

The mercury registered 74 degrees in the shade on Monday.

A Junior-Baseball Team was re-organized for the 1919 season, with Honorary President, W. A. Storey; President, W. Arnold; Vice-President, Robt: Scott; Secretary-Treasurer, .Roy Brown; Managers, Nell McNabb, Frank McIntosh and George Hynds, Jr., as officers.

Mr. John McPhee, of Toronto, visited Acton on the 24th. Acton is his birthplace and this was the first visit since he left, 35 years ago.

About sixty members of Acton Epworth League motored to Georgetown on Moniau and visited the Georgetown League The Empire Day concert, sponsored by the LODE, in the Town Hall on May 23rd, proved one of the best yet held Successful young authors received prizes

The young ladies of the Intermediate Red Cross tendered the returned soldiers and friends a banquet in the Town Hall on the Queen's birthday. A musical and literary program was provided dur-

MoGLAUGHLIN-ROACHE-In the Congregation Church, Cheswick, England, on Wednesday, April 30th, 1919, by Rev. Mr. Sykes, Pte. Joseph Henry McGlaughlin, son of Mr. and Mrs. Wm. McGlaughlin, Guelph, to Miss Agnes Roache, daughter of Mr. W. Roache.

I'VE A TERRIBLE HEADACHE

Milton Mackaye, in the current number of Hygeis, lists headaches as the most democratic of discomforts. He says that over half the people who enter doctors' offices describe headache as one of their symptoms, that directors of industry give it as the cause of 20 to 25 per cent, of employee absences and that in homes, schools and offices that dull throbbing in the skull is the enemy of efficiency and happiness.

Headache used to be treated by shaving the head, searing the scalp with red hot pokers, by blood-letting and magic. Now-a-days people perpetuate past errors by treating the headache rather than by trying to treat its cause. There are hosts of powders, pills andd Street. The northwest corner was capsules supposed to lull a headache to sleep. Some of them will temporarily do Palmer Martin came to Acton from Erin

What are the causes of headache? The and the house and lot adjoining. writer referred to above lists headaches as mechanical, toxic and functional. It but always had his mind's eye on a is a good classification

A mechanical headache is due to dis- lot. This he had built twenty years ago. eases of; or damage to the head itself. Here they had a very comfortable and It may be caused by a cold which plugs hospitable home for several years, but up the sinuses leading to the nose. Free later moved to the city, to be with memdrainage is the solution. Eye headaches bers of the family. After moving from are due to some eye defect. The cure is the brick house, Mr. and Mrs. Martin obvious. Have your eyes examined by a owned the home and garden on Victoria competent oculist and the eye defect Avenue. When George Mulholland and his corrected by proper glasses. There may sisters decided to give up farming on be headache from the concussion which the first line, they found this home suited follows an injury to the head. In such their needs very well. They have resided cases there will usually be nausea and here for the past fifteen years. vomiting as well.

Toxic headache is produced by such had a roughteast house that had quite a poisons as tobacco, alcohol, gases and drugs or by internal poisons manufac- for a new double house, to be erected by tured by the body. These internal Stephen Cordiner, and is not yet compoisons arise from defective action of liver, kidneys, stomach and bowels. Over- by William Ismond, nearly ninety years eating, over-drinking and the use of poisoned foods are frequent causes. Functional headaches may be the re-

sult of high or low blood pressure. anaemia, mental strain and migraine. Migraine is a mysterious sort of disorder hindrance. One spring about eighty years in which the patient complains of distortions of vision, flashes of light before era and a brood of hens wandered over the eyes, nauses and usually one-sided to the newly-made garden of Edward headache. Some persons are tortured by migraine. Certain foods, known as hour they made havoc of the garden, and allergic, heredity and nervous factors are had scratched out most of the seeds all blamed for the condition. A new drug, orgotamine, is said to be effective for migraine. But do not take it without having your doctor first prescribe it .- J. came home to dinner the big Shanghi W. S. McCullough, M.D., D.P.H. of the had just flown to the fence and was Health League of Canada.

CANCER NOT TRANSFERABLE FEOM ANIMAL TO MAN bargained for. His remotest thought,

A correspondent writes to enquire here is any danger in the use of the flesh of animals admittedly suffering from cancer and if so, would cooking of the meat remove the danger.

There is no possibility of the transferring of cancer from animals such as cattle to man. Cancer is not transmissible even by transplantation from one mammalian species to another. One would not knowingly choose such food as the flesh of a cancerous animal but there would be no danger of contracting cancer from its use. Human cancer is not an infectious or contagious process like tuberculosis or actinomycosis (lump jaw); The affection is not due to germs or facteria. Cancer is a process of rapid division of the cells of the part, due to many causes, which lower the health and vigor of the tissues. There is no danger in handling a cancer, or of living in close contact with cancer patient.-J. W. S. McCullough, M.D., D.P.H of the Health League of Canada.

though rather warm because of the de- THE SUNDAY SCHOOL LESSON (Continued from Page Six)

predations wrought by the rooster and hens, never included killing the rooster. He was chagrined beyond words. His remorse was genuine. Finally, he picked for dinner, and it was fine.

THE OLD MAN

I DO NOT KNOW . .

But every dawn I see the sun appear

Is life within each seed cast on

Electric power begins its mighty flow,

A slave to gravitation's changeless law:

know this law exists, but that is all,

If cause must be explained by mortal

Yet I believe, and through belief I grow

As we proceed westward on Church

Street we come to the corners of Elgin

vacant lot for many, many years. When

over forty years ago, he bought this lot

lived in the old house for twenty years,

fine two-story brick house on the vacant

history. It was torn down to make way

pleted. I think the old house was built

Mr. Ismond was a lover of fancy fowl,

ran the streets without much let or

which Edward and his young wife had

crowing lustily. Edward spied him and a well-directed aim with a stone brought down the rooster. He never crowed

again. This was more than Edward had

eighty years ago.

know not why, but simply that I saw.

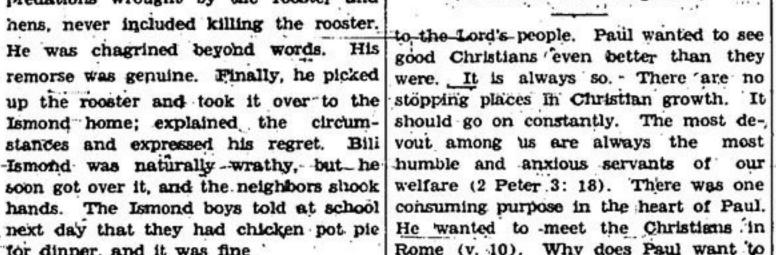
After Mr. Ismond moved to Ballinafad, where he kept tavern for awhile; John Kenney, who had moved from Georgetown, lived in this house for several years, until he built his own new house on Elgin Street, where Mrs. Robert Laing now resides.

I think Stafford Zimmerman and his family were the next to own and occupy this house. They had quite a family. There were the father and mother, and John and Stafford, and Melvin and Edward, and Jennie and Hannah. I think they afterward built "Rose Cottage," on Mill Street, where Mrs. John Gibbons and Mrs. Campbell live, and where Mrs. Jennie B. Cameron had such a pretty home for years. John was killed at the G.T.R. crossing one day when he was was scared by a train and ran away. The family moved to Portage La Prairie. He is a debtor to every one of them, Man., many years ago.

were a fine type of citizens; hard-work- 4: 12). ing, home-loving, proud of their family, and prosperous. Mr. Gurney was town amplighter for several years, when Acton's streets were illuminated (?) with coal oil lamps. He worked hard all day at the tannery, got supper, lighted fifty lamps about town, got up at five in the morning and made the round again to the extinguish them. Like many others, this family is widely scattered. Robert, the know not, but I look for crops this year eldest, is in Victoria, B.C.; Albert is, I think at Port Arthur; William is a glove know not from what great mysterious manufacturer at Wingham, and was Mayor of the town. There were four But, when I close the switch I know its daughters, in the home, but I have lost track of them. Mr. and Mrs. Gurney and a son, Ernie, have passed away since they left the home on Church Street in Like Newton. I have seen the apple fall,

> The old house is gone. It had several tenants after the Martins and Gurneys, Folks in these days move and change about more frequently. Now the old

> The Old Man



IV. Paul's Passion for a Lost World

see them (11)?. There are two elements

in the answer. . He desires to impart

some spiritual gift and he wants to see

Not of Christians alone does Paul think. It soon runs over the border of the household of faith to an ignorant and unbelieving world beyond. He, the servant and recipient of God's grace, has become every other man's debtor. He thinks of the Greek, cultured but needy and lost in soul, and he longs to impart the eternal culture of God's grace in His Son. His mind thinks of the barbarian, rude, illiterate, sensuous, and he longs to convey to him a divine knowledge and a purifying spirituality. He thinks of the learned, he calls them wise, and also the unleamed, and into these categories he seems to take all men of every class

Why? Because he is not ashamed of the Gospel of Christ. By that he means This was the home for many happy that no man can shame him down beyears of Mr. and Mrs. William Gurney, cause he believes in the Gospel To him who went to a farm near Fergus from it is efficacious. He has seen it work Acton. Here most of their children He is not afraid to apply it in Rome were born. Both Mr. and Mrs. Gurney Such, men are needed to-day (1 Tim

NOT'HIS KIND

ded him none too gently and told him to Tramp (demanding): "Who are you?"

Secretary: "I'm the secretary of the

Tramp: "Well, that's no way to ge

OF NO USE

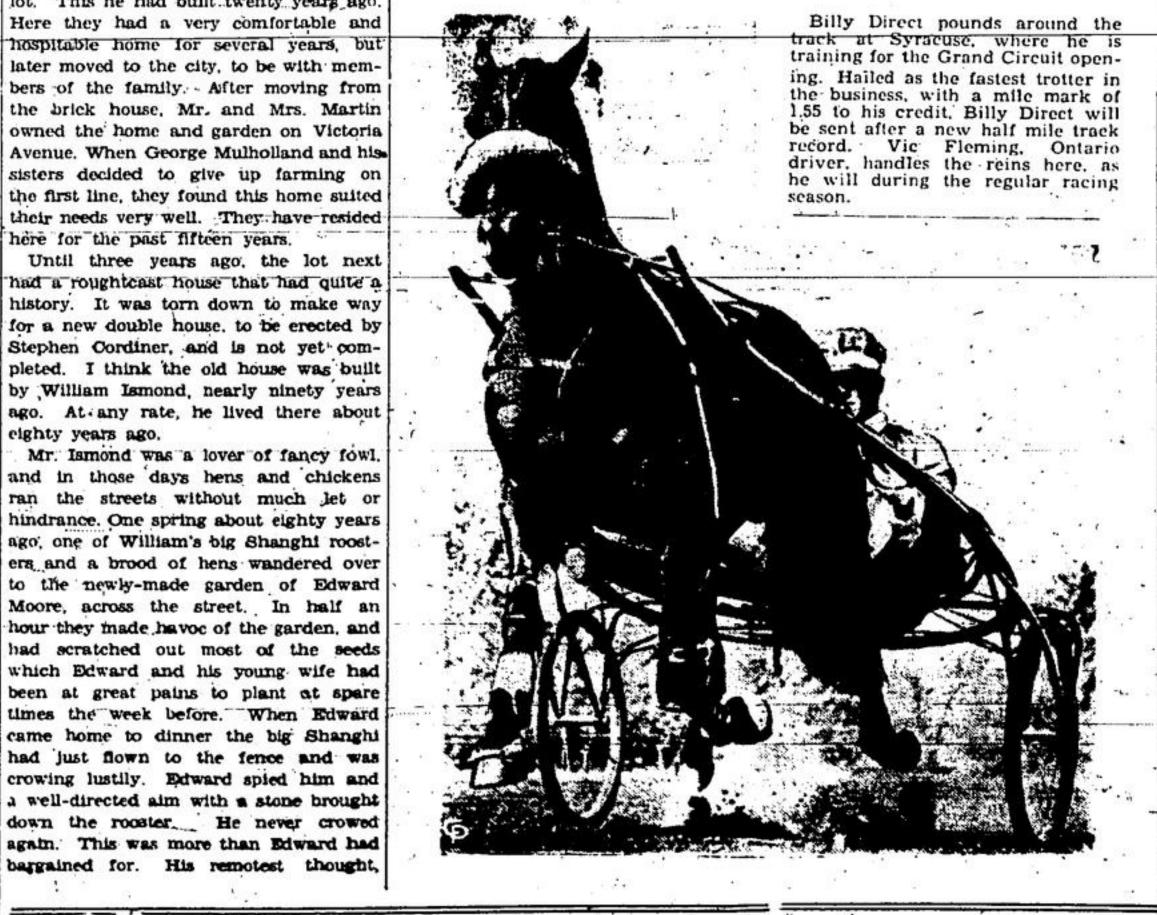
Salesman: What is wrong with

Customer: Every time I get into th

thing, the paddles knock me off my feet

CAPORAL





Royal Greeting for Crowds at Three Rivers



Royal smiles and a wave of the hand from the Queen are cast over a cheering French-Canadian crowd as between thirty and forty thousand crowded the railway station at Three Rivers, Quebec, where the train carry-

treeting. Their Majesties walked up and down the station platform so that all could see.

Your Ad. in THE FREE PRESS is in Good Company

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