

NOW I LAY ME—

The fire upon the hearth is low,
And there is stillness everywhere;
Like troubled spirits here and there
The firelight shadows round me creep.
A childish treble breaks the gloom,
And softly from a farther room
Comes "Now I lay me down to sleep."

Ah, somehow, with that little prayer,
And that sweet, treble in my ears,
My thoughts go back to distant years
And linger with a dear one there;
And as I hear the child's "amen,"
Crouched at her side I seem to be,
My mother's faith comes back to me,
A mother holds my hands again.

Oh, for an hour in that dear place!
Oh, for the peace of that dear time!
Oh, for that childish trust sublime!
Oh, for a glimpse of mother's face!
Yet, as the shadows round me creep,
I do not seem to be alone—
Sweet "Now I lay me down to sleep,"
And "Now I lay me down to sleep."
—Eugene Field.

CANADA MUST BE BORN AGAIN

This is an editorial appearing in the January issue of The Canadian Magazine. We believe that it will be of interest to you.

Canada was born of struggle and cradled in a chaotic world. In this clash of empires, two great people fought, and were fused and two branches of the Christian religion came to exemplify the greatest of its virtues: charity. Irreconcilables were reconciled. The fusion was Canada.

And Canada became a living ideal so moving and so persuasive that it swept away a world of differences and rivalries and antagonisms in its march to nationhood. When Confederation became necessary, it was a necessity born of an urge to preserve those priceless things that had become of greater importance to Canadians than self-interest or sectional gain. It was in this spirit that her leaders embodied Canada's ideas and ideals in government. The intangibles of this Canadian union, like the ties of the British Commonwealth of Nations, became the flux of Canadian citizenship.

The love of freedom, the conception of justice and of human good, became the moving spirit of the world's freest people. It took the form of an unswerving purpose, that transcended provincial differences and rivalries, and calmed old antagonisms to melt away in the fervor of an awakened nationhood.

We have gone a long way since Confederation. We have prospered materially. We have become a factor in the affairs of our Empire and our World. But sometimes it seems that in achieving our material success we have sacrificed our spiritual birthright.

For the road has seemed to lead away from that high and moving concept of nationhood that we know as Confederation. In these days we face a crisis in our affairs, one more definite and more far-reaching than many of us perhaps understand. Internally discordant forces are defeating the national aims that are dear to most of us. Sectional differences, hand, have grown into shadows that are a menace to our peace.

In the east the Maritimes cannot hide a resentment over essential rights that are still unsettled. Quebec has its dissatisfactions, its minority group, rapidly growing in size and inflexibly and openly fostering a secessionist policy. Ontario clings to its advantages. Manitoba and Saskatchewan complain that they are hurt by tariffs. In Alberta strange and disquieting things are happening. In British Columbia there is a growing demand for economic redress.

We have no thought, at this time of entering into a discussion of these issues, nor of questioning that behind many of them lie abuses and inequalities and limitations that are very real. Our one thought, at the moment is that surely we, a free and enlightened people, need not let our whole attitude, our aspirations and our

ideals, be colored by the grievances of the moment; that we might look beyond those differences that divide us to the constant faith that is in us all.

We have a confidence that this is not impossible, a confidence that is not a matter of mere wishful thinking but that is rooted deeply in our history.

For Canada is a product of other crises, crises of conquest and of the ensuing problems of racial, religious and territorial adjustment, and it is heartening to remember that each succeeding crisis has engendered the forces that have made it innocent of harm.

The American Revolution, that brought so many influences to bear to induce us to join the seceding colonies, only succeeded in strengthening our devotion to a form of government that held our faith and loyalty. The years 1812-14 faced us with aggression from without our borders; yet only succeeded in giving us a national consciousness that was new to us. And 1837 taught us to face dissension from within with a new consciousness that the genius of our people was to find their liberties within the law.

And then came Confederation, dedicating Canada in a great experiment in government; to the high purpose of preserving those spiritual qualities expressed in the country's growing faith in democracy, freedom and justice.

There was a fervor in those days to which we may well look with pride, a fervor for our ideals that transcended all other considerations and made economic, geographic, sectional and religious difficulties and divergences only handicaps to be overcome by the united purpose of a people who counted possible private advantage well lost if thereby Canada might be developed to the full stature of nationhood.

And then the Great War came, and out of sacrifice and great tribulation we arose a people tried by fire, and with a conscious knowledge that we had a destiny purchased with young lives. For Canada's sons had died for it, and dying had challenged us that we should keep this land from perishing so that their sacrifice need not be in vain.

That was our great moment. But the years have passed, and year by year we have let our wisdom fade before a thousand peering listeners. We have grown weak with dissension and false doctrines and vain hopes until today we face a crisis more sobering than any that have gone before. For this is division among ourselves.

And the house divided against itself is doomed to fall. Either we will overcome these differences, finding some common ground of sympathy and understanding or they will overcome us, leaving us a people of divided interests and uncertain loyalties, a little people bickering away a noble heritage in petty disputes and ungenerous self-interest. That is the clear issue, we either win or lose. There is no middle ground.

But there is in us a great and confident faith that what we once were we may be again; a nation dedicated to a great ideal of liberty and unity and fraternity, a country in which we can keep an unerring pride, a country that might well stand as a tribute to a noble concept of united nationhood, a shining lesson to a fearful and bewildered world.

We are at the crossroads of our national destiny. We must not choose for littleness, when we have had greatness in our hearts. Canada must be born again!

All Seats Please!

A young lady has a vivid memory of rural courtesy. She was struggling with a hot cup of coffee in a small town railway station. Trying to gulp it before the train pulled out. A youth, standing a couple of yards away, noted her plight, and seeing the conductor looking anxious, came to the fore. "Here, ma'am, you can take my cup of coffee. It's already sauced and blown."

Earns Promotion



H. C. JAMES, who on February 1st becomes assistant general passenger agent, Canadian Pacific Railway with headquarters Montreal. Mr. James is at present district passenger agent for the Company at Saint John, N.B., and brings a wealth of experience, earned during his 23 years Canadian Pacific service, to his new post.

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

EXERCISE IN WINTER

During the winter months, there is in our country, more illness than there is during the other seasons of the year. There are several factors which contribute to this increase. One of the chief of these, and one whose correction lies within the control of each individual, is the giving up of exercise or play when the cold weather comes.

A certain amount of physical exercise is necessary to keep the body fit whether it is taken in the form of setting-up exercises or in play, or, again, simply as part of the daily routine of life, such as by walking to and from work. Most people, during the warmer months of the year, do secure a considerable amount of exercise, because they take part in some form of outdoor life which necessitates the use of their big muscles. Unfortunately, many people, once the cold weather comes, lead an indoor life and seldom bring the big muscles of their body into play. In addition, they continue to eat as much if not more than they did when they were active; they also starve themselves of fresh air, and live and work, most of the time, in an overheated atmosphere which, in itself, is debilitating.

The result of this abuse of the body—for it may be fairly called abuse—is that there is a loss of tone, a state of comparative "unfitness" develops, with the result that there is more ill-health and more actual disease than during the months when the body is given reasonable care. Cold weather itself is not responsible for disease; in fact, there is much to be said for the stimulating effect of cold fresh air. The illnesses that come with winter are the penalty of our neglect of our own bodies. Just as soon as we put into practice what we know about exercise and fresh air, and about living and working in rooms that are not overheated, we shall be more healthy and there will be less sickness. It may be impossible to continue the same exercise in winter as in summer, but there are many ways in which the necessary amount of exercise can be secured in winter.

Father's Change

Willie (to his father who has recently married the second time): "There's a shop in the High Street just like you, Daddy."
Father: "Shop like me? What do you mean?"
Willie (getting near to the door): "Why, it's under entirely new management."

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