

Canadian Churchman.

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Lessons for Sundays and Holy Days.

January 23.—Septuagesima.
Morning—Gen. 1 and 2, to 4; Rev. 21, to 9.
Evening—Gen. 2, 4; or Job 38; Rev. 21, 9—22, 6.

January 30.—Sexagesima
Morning—Gen. 3; Mat. 16, 24—17, 14.
Evening—Gen. 6; or 8; Acts 18, to 24.

February 6.—Quinquagesima.
Morning—Gen. 9, to 20; Mat. 21, to 23.
Evening—Gen. 12; or 13; Acts 21, 37—22, 23.

February 13.—First Sunday in Lent.
Morning—Gen. 10, 12 to 30; Mat. 24, 29.
Evening—Gen. 22, to 26; or 21; Acts 27, 18.

Appropriate Hymns for Septuagesima and Sexagesima Sundays, compiled by Dr. Albert Ham, F.R.C.O., organist and director of the choir of St. James', Toronto. The numbers are taken from the new Hymn Book, many of which may be found in other hymnals.

SEPTUAGESIMA SUNDAY.

Holy Communion: 233, 237, 240, 629.
Processional: 377, 382, 384, 406.
Offertory: 553, 558, 561, 611.
Children: 698, 699, 719, 721.
General: 103, 398, 401, 443.

SEXAGESIMA SUNDAY.

Holy Communion: 374, 397, 525, 640.
Processional: 308, 384, 443, 448.
Offertory: 399, 405, 480, 576.
Children: 488, 608, 721, 727.
General: 436, 452, 459, 470.

SEPTUAGESIMA.

The observance of Septuagesima brings to our notice the story of Creation. And for the last two years we have dealt with the fact of Creation. This year let us note something about the Holy Ghost, His work at the Creation and His work now in the world. "The Spirit of God moved upon the face of the waters." The evolution of order out of chaos is effected by the Spirit of God. And this cosmical significance of the Holy Spirit is emphasized in the Psalms and in Job. The character of the Spirit's work is indicated in the words: "And God saw everything that He had made: and, behold, it was very good."

"Very good," because perfectly adapted to fulfil the will of God, and because no opposing motive, no contrary purpose, had come into view. It is not long, however, before the work of God is marred by the creature made in His own image. Sin comes into the world, and man, yielding to it, loses that self-control which is the characteristic of perfect manhood. Self-control means the continuing of one's way without delay of any kind. It is the ruling of the fleshly desires, the continual triumph of the spiritual life. And the world cannot be very good apart from such control. The fall of our parents, their loss of self-control, devolves upon us the duty of discipline, of watchful endeavour, with the object of regaining self-control, and so perfecting the world again. In this work of regeneration the Holy Spirit has an essential duty. We are now living under the dispensation of the Spirit. Let us note the development of this doctrine. The prophet Isaiah speaks of the Messiah as one endued in a supreme measure with the Holy Ghost. Joel teaches that in the Messianic age the Spirit will be poured out on all flesh. The life and work of the Christ and Christian experience confirm the prophecies of old. The perfecting of this world—of mankind—is the object of the Spirit's work to-day. Shall we not, therefore, co-operate with the Spirit that once again the earth may be "very good"? The Epistle for to-day shows how necessary self-control is. Without it there is no consistency in life, no effectiveness, no attaining unto the goal of it all. "So run that ye may obtain" is St. Paul's advice to-day. Run the race, fulfil the duties set before with the help of God's Holy Spirit. Let Him point the way, inspire the motive, direct the manner. Spirit-guided, we are mercifully delivered from the power of the Evil One, and we obtain the incorruptible crown. The reward is incorruptible because the race has been an effective one.

Church Statesmanship.

It is a recognized policy of the statesmen of Canada in the Dominion, as well as in the Local Houses, to open up the unsettled parts of the country for settlement and to facilitate the development of their resources. Now, the State and the Church should in their respective spheres work towards the same ends. It is wise statesmanship on the part of the Church to study the movement of Government along these lines and make provision for sending pioneer missionaries into newly-opened mining or agricultural districts as or when opportunity offers. Care should be taken that the men sent should be of the right sort—men who are likely to command the respect, and even arouse the affection of the rough-mannered but not seldom big-hearted venturers into the newly-opened fields of enterprise.

Not Marble, but Missions.

Rev. Father Canning, rector of one of the Toronto Roman Catholic churches, has been lecturing in the West in the interests of the "Church Extension" Society of his church, and saying some very pointed things as to the folly of spending money on expensive marble monuments or expensive and often needless church decorations while the West is crying out for the simplest and most necessary Church ministrations. His aim is to build chapels, costing \$500 all over the prairies, and have them visited regularly by a priest. Also to start chapel cars, and two wealthy laymen have promised the funds for two of these. How often \$300 or \$400 or \$500 are spent on monuments which, as Father Canning said, the dead would not desire if you could consult them. But think of the joy and blessing brought to many souls by the erection of a little

church in the West! Church clubs in larger parishes require and receive liberal support; but if a man spends \$1,000 on his church club at home, he should do at least as well for the needy West. Father Canning's words and plans deserve wide recognition.

Imperial Unity.

This great enterprise goes on apace. One of the most notable recent indications of its advance has been the crossing of the ocean by some of the ablest of our editorial writers with the object of getting information and impressions at first hand regarding the election being held in the British Isles; also the engagement by leading Canadian journals of well-informed writers in the Mother Country to contribute to their columns special articles on the subject. It could scarcely be expected, on the other hand, that there would not be heard at times some discordant voices sounding the praises of the little England or the little Canadian independence schools, but their music is all pitched in a minor key, and is entirely out of harmony with the grand chorus of Canadian public opinion, whose dominant note is the establishment, on an equitable and permanent basis, of Imperial unity within the British Empire.

Exaggeration

Is shown nowadays in the sports and pastimes much more than in application to serious studies. From being exercise for all-comers, games are now a serious business, with money at the bottom, and newspapers which vie with each other in ungrammatical slang. Like all exaggeration, it has its own dangers. Medical men have always recognized the value of games and athletic exercises in promoting health, but there is a serious danger of sports becoming decidedly injurious. During the last twenty years, concurrently with the development of athletics, cases of cardiac overstrain have greatly increased. The heart's action represents the most perfect motion known, and its delicate mechanism answers to every stimulus. Excessive exertion, either in the form of actual labour or athletic sports, leads to hypertrophy of the heart, even in cases where the organ was at first perfectly healthy. Over-indulgence in athletic sports causes enlargement of the heart. It is not for a moment contended that athletics moderately indulged in are anything but beneficial, except in cases where the heart is actually affected, when, of course, even ordinary games may have to be abstained from upon medical advice.

Summer Rambles for Boys.

In speaking warningly of certain forms of exercise it is due to young people to point out others. We must not be above taking a lesson from the Germans. In summer time the country roads in the lands of mountains, streams and rivers and those of places replete with patriotic associations are regularly visited by bands of boys in their knapsack days, whose frames are developed and strengthened and their intellects brightened by holiday tramps. Why can we not introduce such simple and inexpensive outings for the benefit of the boys of large cities who have nothing to do during the holidays? The Boy Scouts might show the way. If for nothing else than cultivating habits of discipline and obedience such tramps would be of untold value. But there are many rounds which can be taken, say, from London and Hamilton off the main travelled roads full of beauty and interest. But to be successful everything must be carefully planned in advance, and the parties not too large.