

appeals to him like an opportunity. His ideal is one who can excel in whatever line of work he is in. He wants to be as strong and as skilful as others. He wants to know as much. He is not content to be at the foot of the list, if he can be at the head.

There never was a time when boys and men who can do things, were so much in demand. The world's shortage of men can be judged by Canada's shortage. The unparalleled opportunities of the present, and prospects for years ahead, appeal to the boys of the present to make the most of them, not only in their own interest, but for the world's sake, in the interests of humanity. The millions of lives prematurely ended by the War are not lost. They are the price paid for the peace and liberty which are our heritage. The least the heroic boys of to-day can do, is their utmost to grow up into men worthy to take up and complete the tasks of those who were called away to stand for our defence and accomplish our deliverance from our enemies.

But, if they are to succeed in this, there are things they must know and remember. Boys do not grow into men in a year or two, as a colt grows into a horse at its best in five or six years. Boys have to be more patient. The best of them will not come to their best short of twenty-five or thirty years. The mistake that many make is in thinking they are men long before they are, in thinking their education is finished before it is scarcely more than begun. The result of this mistake is often an impatience that is unwilling to wait for recognition and promotion, and that fails of securing what would surely have been theirs, if they had been willing to work and wait for it.

To attain to their best physical development, boys must beware of everything in the line of eating and drinking, and indulgence of any kind, that even might interfere with health, or lower vitality, and especially of stimulants, drugs, or dopes of any kind. They must make sure of enough sleep, which they can easily do by getting to bed so early that they will not require to be roused in the morning. While making sure of enough work, or exercise, for the development of strength, they must guard against overstrain by attempting feats beyond their strength or en-

durance, than which nothing is surer to retard and lessen physical development.

The same principles apply to mental development. The mind develops by wholesome reading and exercise. The more the mind is used, if wisely used, the greater the development. The wise boy will make the most of his opportunities for study. Brainy boys will make the men that will count for most in their day, if they make the most of their brains while they are growing.

A boy doesn't need much rest, if he gets enough sleep. He can fill a long day with work, and study and play, and make all contribute to the making of the man he means to be. The sooner he can decide that, and the more wisely, the better. And, the more patiently and persistently he plans and strives to attain to his ideal, the sooner and more surely will he succeed.

The world will never have too many men with health and strength, with well trained and well furnished minds, honorable and reliable men, God-fearing, philanthropic and patriotic men, such as the boys of to-day may grow to be, if they but will while they may.

Owen Sound, Ont.



## The Making of Men

*By Rev. David James*

The history of the Boys' Club connected with Robertson Church, Vancouver, B.C., dates from the beginning of the congregation in 1909. It had its inception among the boys of a class taught by the pastor, and has continued ever since to be conducted according to methods then adopted and which some time shortly after were put into the form of a regular constitution.

The object of the Club is the development of a true Christian manhood. To become a member, a boy must be 14 years of age or over, a regular attendant of church and Sabbath School, and must promise, on admission to the club, to avoid everything detrimental to the building up of a manly Christian character.

The meetings of the Club are held regularly on the first and third Saturdays of each month during the year, with the exception of the months of July and August, and are of a