

The story of the co-operative movement in Nova Scotia and how it has spread all across Canada is well known now. It has brought joy and hope to many who saw no way out of their financial difficulties. It has nothing to offer to the speculator who hopes to get rich quick by some lucky chance, but it does make a great appeal to men and women who have the will to work together. To them it is a great demonstration of how man can help his fellow man and himself at the same time. St. Francis Xavier University at Antigonish will always be held in grateful memory for the great assistance its staff has given to the working people, not only of Nova Scotia but of all Canada. Father Tompkins gave me a book when I visited him at Reserve Mines, and the name of the book is *The Lord Helps Those Who Helps Themselves*. It contains the history of this movement and the title takes on new meaning as the tale unfolds. It goes back to the good father's philosophy "that ideas have hands and feet", and might well have had as its foreword that dynamic poem of Ella Wheeler Wilcox:

"I gave a beggar from my well-earned store
Of shining gold. He took the precious ore
And went and spent and came again,
Still hungry as before.
I gave a thought and from that thought of mine
He found himself, the man, supreme, divine.
Clothed, warm and crowned with blessings evermore,
And now he begs no more."