

can be discounted. When the war is over the eligibility rules will be restored, the line drawn between the professional and the amateur, but their enforcement will be simpler and easier. In forgetting them now there is no lowering of standard. It is simply meeting conditions as they come, with a single thought to the quickest and surest way for development of man for a cause to which every Britisher is committed.

The revivification of sport after the war will be one of the big problems for those interested in good, clean and healthy recreation, but the effort to restore athletics to the high position they occupied in pre-war days should not be in vain. Athletics enabled the defenders of justice to place men in the trenches in a short time, and it was found they in camps where recruits had no athletic training in earlier life, it required months of training to fit them for the front. Australia, Canada, New Zealand, South Africa and the Mother Country were in the happy position at the outset of war of having thousands of trained athletes at their disposal, and that the athletic training had been beneficial has been shown in the wonderful war record of these athletes. War honors have been won by them on all fronts, and their coolness and daring in the face of heavy fire has astonished the great military leaders.

"Play the game," is the advice given today by the military authorities. Athletics have long since been introduced in the training camps and the rank and file prepare for the sterner game of war by a moderate indulgence in outdoor recreation. Everywhere sports are being encouraged. Not until the present war was it realized that athletics were to play such an important part. There is nothing better for the young man than athletic training. Unfortunately, in the past, competitions have been confined to a few, while thousands sat the grandstands and took no active part. Those few have stood the test as war records will disclose. There should be universal athletic training. Not only in the colleges and Y.M.C.A.'s should athletics be encouraged, but in the public schools of the country. The expense is small and the results wonderful. School authorities should never overlook an opportunity to encourage and foster sport in the institutions of learning for, as we all realize, "all work and no play makes Jack a dull boy."

Let those thousands of soldiers who will be returning to Canada shortly take a more

lively interest in athletics in future, not only as spectators but as contestants. They owe it to themselves. Let Canada show the way, and, as in our war effort, let us win the fame and glory that is justly ours.

### STAR OF EMPIRE

By Bernard Tweedale

When the Star of Britain rose from out the sea  
And threw forth a race of gallant men and free,  
Caring nought for foreign legions, though the odds were ten to one,  
Striking hard for Britain's glory, where hard fights were to be won,  
Nations wondered.

#### Chorus

And nations shall wonder again and again,  
Ere the flag of our Empire shall sink in the main,  
With a glorious past, our future shall show  
Braver deeds than yet done, so the whole world may know  
We'll conquer or die—we'll conquer or die!  
We'll conquer or die with our face to the foe!

When the welding of the nation's sons in one  
Made the Empire with one flag beneath the sun,  
While our star grew ever brighter, rising higher in the sky,  
And we showed them that, for Britain, all her sons would do or die,  
Nations pondered.

#### Chorus

As ages pass and Empire's story grows,  
When a gentle peace takes the place of sturdy blows,  
When the corn grows bright and yellow on the old-time battle strand,  
Than they'll tell of when the war-flame roused the spirit of our land,  
Nations sundered.

