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and Women.

THE TWENTIETH CENTURY SPECTATOR OF BRITAIN'S FARTHEST WEST
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"BE BRITISH," COLUMBIANS!

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A Common-sense Sunday: Conserving Our British Heritage

During the height of summer heat in Eastern Canada it was reported that the mayor of a large city had been requested to prohibit bathing on Sunday. If the press report was accurate, the incident suggests the need for protecting a good cause from its over-zealous friends.

What form of exercise adults take on Sunday (not employing others) should be left entirely to individual choice, and no just criticism of such actions can be made by others without knowledge of the time that toil or harassing duties leave participants for such recreations during the other six days of the week.

With social progress, improved machinery, etc.—to say nothing of the influence of the rush conditions of modern life—we believe the time is coming when the sixth day of the week will be set aside by the majority of civilized peoples as a day for rest and recreation of body and mind; and then, perhaps the seventh will be even more generally associated with what concerns the soul.

It is quite consistent with belief in such freedom in individual choice, however, for a writer or publication to emphasize that Canadians in some western cities such as Vancouver, have need to be alert if they are not to be deprived of that restfulness associated with the British rather than the Continental Sunday.

This is not a matter concerning personalities but affecting the health of the community. There is therefore a great deal more involved than the good-natured, indifferent or sympathetic tolerance of any mayor or attorney-general, or the questionable practice of any newspaper publisher.

To take newspaper hawking and fruit selling as samples. In former years the Vancouver News-Advertiser was published and delivered on Sunday morning, but (as we happen to know from experience) there was little Sunday work involved. That paper did not publish on Monday, and it was maintained with reason that the arrangement of publishing on Sunday morning meant less Sunday work than many Monday papers necessitated.

Now Vancouver's morning daily—we are not concerned with its personalities or politics—(with which is incorporated the News-Advertiser), publishes seven

days a week, and its week-end or Sunday edition has been hawked in the city and residential districts later than eleven o'clock on a Saturday and as early as eight o'clock on a Sunday. If noisy vending on the street on Sunday is tolerated by law at such hours, then the sooner the law is amended the better, or if such action, being against the law, is permitted by an attorney-general or mayor, then the sooner such functionary is superseded the better.

If as a nation we are to keep fit there is need, mid the rush of modern life, to work for the sixth day being given to toilers for what makes for real relaxation and recreation, and still greater need to prevent rest-disturbing and nerve-wracking noise on the seventh day—apart from religious considerations.

If it is against the law of the land that fruit and candy and other stores are allowed to be open in Vancouver on Sundays, the toleration of such law-breaking is all the more surprising in view of the fact that the vendors in many of these places seem to be foreigners.

It seems curious to speak or write of "drum-tight" regulations with regard to the prevention of such traffic, and somewhat ridiculous to suggest that the distribution of milk should be put in the same category. By such methods some people seek to make advocates of a restful, healthful Sunday appear puritanically intolerant.

There are not a few things more common to the British Commonwealth than to Continental peoples which Canada as well as the rest of the Empire would do well to hold fast, and one of these is a common-sense Sunday. Even if religion be left out of the question, physically and mentally it can be demonstrated that—

"A Sabbath well spent brings a week of content
And strength for the cares of the morrow;
But a Sabbath profaned, whate'er may be gained,
Is a certain forerunner of sorrow."

From the lower levels of bodily and intellectual fitness the quiet Sunday is a priceless heritage to pass on; and if we believe in any form of "higher life" being open to mortals in this world or Beyond, we will not be content to let the day originally set aside as an inspiring holy-day become a mere tiring "holiday."