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**DEFINES THE PLACE OF QUEBEC IN MAKING A CANADIAN NATION**

**Barriers of Malice and Ignorance Have Worked Against National Unity in Past—Facts to be Considered.**

It is unfortunate for national welfare and progress that the position of the Province of Quebec and its people should not be better understood in other parts of the Dominion. There has, in fact, been gross misrepresentation of the feelings and sentiments of the people of Quebec. Some of this is due to malice; a great deal of it is the result of ignorance. There are those—and they are the worst enemies of the Dominion—who have not hesitated to serve political interests by trying to set race against race and creed against creed. The people of Quebec have been represented as disloyal, non-progressive, lacking in enterprise, priest-ridden, exclusive and hostile to the rest of the Dominion. How baseless all this is may be judged from a candid consideration of the facts.

The province of Quebec at the time of Confederation was made by the founders of the Dominion and pivotal province of the Confederation and it must always continue as such. As Lord Shaftesbury has truly remarked, the Province of Quebec will always be the bulwark and the strongest support of confederation. It is therefore most essential that Quebec and its people should be properly understood by the people of all parts of the country.

In the first place it is important to remember that the people of Quebec are the most essentially Canadian of all Canadians. Their ancestors were the discoverers and colonizers of Canada and the French-Canadians have been rooted to the soil of Canada for over three centuries. It is therefore only natural that the people of Quebec should regard all questions first and foremost from a purely Canadian viewpoint. They are blamed in some quarters for not being Imperialistic in their sympathies but it would be surely strange if such people were attracted to Imperialistic schemes. They have been loyal and they are still loyal to Great Britain, because under the British flag they have enjoyed the utmost liberty. More than once, as history shows, have they proved their loyalty. In fact, if Canada is still under the British Crown, it is due to the firmness of the French-Canadian allegiance. But loyal though they are they recognize that Canada is entitled to the most absolute autonomy and they are opposed to anything that will interfere in the slightest degree with that autonomy. In the staunchness of their Canadianism they give a splendid example to the rest of the Dominion.

In the second place, it is important to remember that the French-Canadians are firmly attached to the Roman Catholic faith. What could be more natural. It was under the Catholic faith that the country was discovered, colonized and Christianized and when the French-Canadians at the time of the Cession were deserted by their natural leaders, who returned to France, it was their devoted priests who stood by them and literally carried the ark of their nationality through the wilderness of despair and desolation. The Roman Catholic priests have been the parental as well as the spiritual guides of their people. But to say that the people of Quebec are priest-ridden is to say what is not the case. In spiritual matters the French-Canadians bow to cure but in temporal matters he retains a sturdy independence, as is shown whenever there are attempts made—now a very rare occurrence—to interfere with his political opinions. The Habitant, in fact, takes his religion from Rome but as far as politics and other worldly matters are concerned he thinks and

decides for himself. Those who doubt this should attend a political gathering in Quebec. The natural traits of the Habitant or the native of Quebec are admirable, sturdy, patriotic, God-fearing, frugal and industrious he is a most valuable citizen. By this thrift and welfare. By early marriage he rears a numerous progeny and thus preserves the vitality of the race. Surely these are characteristics that are deserving of praise rather than of censure. To those who know them the people of Quebec are most hospitable, they are quick to appreciate and reciprocate good feeling. Ever courteous to the stranger, with their hearts open to him and nothing that they have too good for him.

The tree is known by its fruits and the best evidence of what the people of Quebec are is the position they occupy. In agriculture they are at the head, and that the Province of Quebec was able to stand the strain of the great war better than any of the other provinces was due to the agricultural development and wealth of the province. In all other lines, too, marked progress has been made. It is sometimes said that the people of Quebec are slow. They are certainly slow in adopting extreme measures, in uniting with destructive forces. They are conservative by tradition and habit but surely in days when radicalism is running rampant this is rather a virtue than a fault. Nor has the progress of Quebec been only on the material side; neither literature nor art have been neglected. A people who have produced a Philippe Herbet in sculpture, a Henri Julien in art, an Albani in song and a Cremazie, a Frechette and a Garneau in letters, have no reason to be ashamed. The works of the many distinguished French-Canadian authors, which are comprised in the classic series of *Les Livres Canadiens*, constitute a distinctive literature that would be a credit to any people. And it is in the pursuit of French that these works are written, so fine in this respect that several of them have been crowned by the French Academy. For, despite claims to the contrary there is no patois in the Province of Quebec, the highest authorities have borne testimony to the purity of the French spoken by the mass of the people.

Strange is it that a people with such admirable traits and enjoying such an enviable position should be so misunderstood in other parts of the Dominion. For the sake of our national welfare and progress that misunderstanding must be removed as speedily as possible. In the first place, we will have to kill the extremists—those men who knowingly and wilfully seek to create racial discord and national disunion. To kill them, that is to render their influence for evil negligible, we must have a union of all men of justice and good will. In the second place, we must enlighten the people of the rest of the Dominion as to the real position of Quebec and its people who must be made to appear as they are, not as the extremists and fanatics would like to have them pictured. In this connection there is a great opportunity in the educational field. To assure racial concord and national unity for future, the rising generations of Canada should be made to understand and respect one another. If I had my way I would have French taught in every English school in the Dominion and English taught in every French school as it is taught now in many of them. I would have English-speaking Canadian boys and girls taught how much Canada owes to French-Canadians, to the early settlers and great colonizers, and to the illustrious statesmen such as Papineau, LaFontaine, Cartier and Laurier. I would have the French-Canadian school children taught what great things English-speaking Canadians in all parts of the Dominion have done. To assure a proper instruction in this respect our histories will have to be re-written. The works of French-Canadian authors should also be made known to English-speaking Canadians and a knowledge of English-Canadian authors imparted to the French-Canadians. By such means a true national spirit would be created.

By such methods who can doubt that much of the misunderstanding that at present prevails would disappear and that in time we would have a true national unity, based on mutual understanding, justice and fair play.

The educational field is a most important one but there are others. We need a more frequent exchange of visits between leading men of the various provinces. The benefits of personal contact cannot be exaggerated and great good should be done in this way. But above all we must have a sincere desire on the part of all leaders of thought and all lovers of their country to bring about a better understanding. With such a desire and with an earnest effort to carry out some of the ideas that have been suggested there should be no question of a happy result.

What is most essential however, for English-speaking Canadians to understand is that French-Canadians are by blood French and by their environment Canadian. They cannot be made anything else any more than can a Scotchman, an Irishman, an Englishman or a Welshman. But that is not to say the French-Canadians and English speaking Canadians cannot all work together in peace and harmony for the welfare and aggrandizement of their common country. As far as the French-Canadians are concerned—and it is an English-speaking Canadian who understands them who writes this—they certainly are not unreasonable in their demands. "This Canadian land is our native land," has said the Prime Minister of Quebec, Sir Lomer Gouin, "and we wish to live in it as the equals and the companions of our fellow citizens of other origins; the friendly and loyal neighbors of those who surround us. We intend to live in it, and we intend to die in it as our forefathers before us. I wish to say to the other provinces that we have no animosity against anyone. All that we ask is justice; nothing more but nothing less."

That is a sentiment that should and I am sure will, find a response in the heart of every Canadian who sincerely desires the welfare of the Great Dominion.

—John Boyd, in "The Canadian Nation."

**PADDOCK EQUALLING 220-YARD RECORD MADE WAY BACK IN 1897**



After howing to Loren Murchison of the New York Athletic Club in the 100-yard dash in the final tryouts for the Olympic Games held in the Harvard Stadium, Charles W. Paddock, the sensational coast sprinter, who runs in the colors of the Los Angeles A. C., won the 220-yard dash in a sensational finish. He is seen here almost throwing himself across the line in front of M. M. Kinksey of the Olympic Club of San Francisco. Murchison was third and Leo W. Messengale of the University of Missouri, fourth. To win Paddock had to equal the A. A. U. championship record of 21 2-5 seconds made way back in 1897 by Bernie Wefers.

**A Broken Heart**

It May Cause Death So Scientific Men Say

Common expressions such as "have a heart," a "heartless person," "it comes from the heart," are more scientific than the scientific world is ready to acknowledge. Modern doctors tell us the heart has nothing to do with the affections, emotions and feelings, being merely a blood-pump organ former of involuntary muscles and beyond the influence of the will, if not of the mental sphere, but Dr. Aurelius R. de Janies, of Boston, points out in the *Medical Record* (New York) that this is not entirely correct.

"A sudden and painful mental shock of the heart or to excite it to such degree as even to injure its valves or their coolest temperament will give immunity from this susceptibility. It has long been noticed that long-continued anxiety will lead to a feeble and slow action of the heart and at the same time render the organ irritable and liable to become excited under the slightest access of emotional feeling.

"The heart," he writes, "is an organ which is highly susceptible to emotional excitement, and neither volition nor the cordae tendinae. Furthermore, we often hear the phrase 'died of a broken heart' and this is not purely figurative, because sudden death may undoubtedly be sometimes due to a ruptured heart caused by violent emotions. Terror or joy, when it suddenly seizes a person already overpowered by despair, may paralyze the heart. Histories tells us that the Roman matrons, after the battle of Cannae, on seeing their sons, whom they supposed to have been killed, dropped dead on the spot.

"Fear, which is the chronic form of fright, occasions a tremulous palpitation; rage also may produce precordial oppressions, and is known even to have brought on an attack of angina pectoris. Excessive grief will cause functional disorders with deranged action of the valves, the patient becoming pale and anaemic. It is a general rule that hope will excite and sustain the organ, despair and anxiety will depress it, and contentment and peace of mind will give it healthy action.

"I am convinced that but few physicians realize the great importance of the relations of the brain with the heart, or even appreciate the connection between the soul and that centre of physical life. We

**A Square Meal**

Present Day Heavy Eaters Are Starvelings by Comparison

We of this day and generation are supposed to be retty heavy eaters, especially of meats. But we would appear to be "pickers" by comparison with those who lived and fed themselves in the reign of good Queen Anne.

For instance, Thackeray, in his *English Humorists*, writes of a dinner which began at 3 in the afternoon—court hours for that function. The eight guests started on a sirlon of beef; fish, a shoulder of veal and a tongue. After this first course, just in the way of an appetizer, came almond pudding, fritters, chickens, black pudding and soup. And the elegant mistress of the house, finding a skewer on the dish placed it on her with the direction that it should be carried down to the kitchen and dressed for the cook's own dinner.

Wine and small beer were drunk throughout the course. After which tea, costing in those days 30 shillings the pound—\$6 and that when five shillings went immeasurably further than one of our dollars goes today.

Then came a third course—a hot venison pastry, a hare, a rabbit, some pigeons, partridges, a goose and a ham, beer and wine being freely imbibed the while. After the goose the gentleman took each a dram of brandy "which was very good for the wholemes." And next came a great tankard full of October ale, of which the host first quaffed his fill—for the period, indeed, of a long breath and an enormous expansion of the torso; after which it was passed from hand to hand and from mouth to mouth. Then a generous supply of cheese completed the dinner so far.

The cloth being taken away, a bottle of burgandy was set down, of which the ladies were invited to partake before they went to their tea. The gentleman promised to join them in an hour; fresh bottles were brought, the "dead men" (empty bottles) were removed and clean glasses were ordered. When the gentlemen did join the ladies, they all sat and played at cards until 3 of the morning when the chairs and the flambeau came and that noble and tolerably well-nourished company went to bed.

Fraserwood, Man., July 19. (Special).—That Dodd's Kidney Pills are the standard remedy for all kidney troubles was perhaps never better demonstrated than in the case of Miss Annie Forlonski, of this place. Let her tell her story in her own words.

"My back was sore," Miss Forlonski states, "and my body was so sore I could not get out of bed. My bladder also bothered me, and I had urinary troubles. "Three boxes of Dodd's Kidney Pills cured me."

That all Miss Forlonski's ills were caused by the kidneys is evidenced by the fact that she found relief she was looking for in Dodd's Kidney Pills. They are a kidney remedy. For more than a quarter of a century they have been relieving the kidney ills of the women of Canada. The good work they have done is shown by the friends they have made. Thousands of Canadian women claim that they owe their good health to Dodd's Kidney Pills. If you haven't tried them ask your neighbors about Dodd's Kidney Pills.

MANITOBA LADY STATES THAT DODD'S KIDNEY PILLS CURED HER

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**BRINGING UP FATHER**

By Geo. McManus

