

CANADIAN COURIER

Published fortnightly at 181 Simcoe St., Toronto, by the Courier Press, Limited.
Subscription Price—Canada and Great Britain \$1.00 per year, United States \$1.50 per year, other countries \$2.00 per year, payable in advance. **IMPORTANT:** Changes of address should be sent two weeks before the date they are to go into effect. Both old and new addresses must be given. **CANCELLATIONS:** We find that most of our subscribers prefer not to have their subscriptions interrupted in case they fail to remit before expiration. While subscriptions will not be carried in arrears over an extended period, yet unless we are notified to cancel, we assume the subscriber wishes the service continued.

The Time of Resurrection

HOW the dead come to life is the thing that speaks to us all at Easter. No land has a more tremendous reawakening than Canada. The uplift of the great rivers from the mouth of the mighty Mackenzie, to the Gulf of the great St. Lawrence, is a pageant of tremendous resurrection music. The honking caravans of wild geese strike into the far north of Canada when they can go no further. The fur-packs come swinging down. The vast land of iron winter rushes into summer almost without a spring. And the change is one of those miracles of nature which should thrill above all people—Canadians. Easter is not merely a church festival commemorating the miracle of Christ's Resurrection. It is in the greatest possible sense a religious festival that was observed by the ancients long before the time of Christ, whose death and resurrection gave it a deeper and more personal significance. The believer in a Christ Easter who does not believe in the Easter of the world when the great change comes over the face and heart of nature, is a long way from realizing this great Time of Awakening as Christ intended it should be perpetuated in the souls of men. The Easter hat and the Easter Anthem are in themselves symbols. Let those who wear the hats and sing the anthems, realize in the light of the millions who are dead on the fields of battle, how deep is this miracle symbolized in Easter Sunday.

A FEW ITEMS FOR NEXT ISSUE

A MEDICAL doctor will tell readers of this paper what he thinks about the incompetency of the present medical programme in this country; not only in Canada, but because he is a Canadian, he speaks with particular reference to this country. He is not a disgruntled doctor, either, who, because he hasn't made a heap of money under present conditions wants medical science to be exploited by fads and Bolshevik fallacies. His ideas are sanely constructive. Since from the cradle to the grave we are all vitally interested in our bodily welfare, this article will be read with personal interest by any father, mother or grown-up child in the country.

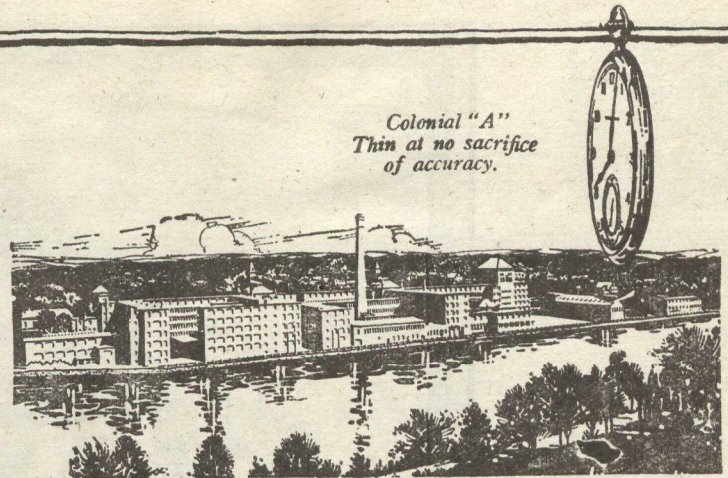
A BRIGHT, open-air article on birds in Canada, by one who has never been anything but an amateur in studying them. This is the time of birds, buds and flowers. If ever an open-air people needed to take inspiration from a study of things beautiful in nature, now is the time. We hope to make this article the first of a series by a number of kindly observers of what is beautiful in Canadian fields and forests.

THE relatively tremendous part which Canada has played, and is now playing more than ever, in the air programme of the world's war will be told by one who has made a special investigation of the case. Canadian air-camps will soon be occupied along with the birds' nests. This illustrated article will be of great timely and patriotic interest.

CANDIDA will have another energetic instalment of the problem serial, Shall the Native Born Control This Country? The second instalment will be a particular study of some of the purely Canadian phases of this radically important subject. Professor Charles Richet has been investigating the empty cradle problem in France and England. He finds that Western civilization is in mortal danger from an unprecedented decline in children born and saved to maturity. What is Canada doing—or going to do about it?—will be the theme of Candida's second article.

THE second instalment of Are You Going on the Farm? will appear in this issue; along with a special farm and field cover in colors.

O WING to one of those exigencies that sometimes happen to copy sent from as near the front as possible, we sent the issue of March 16 to press without knowing the real name of the author of Tommy Atkins, Fatalist. But the article was so good that we published it under a pen name. The author is Sergeant W. Hartley Robinson, who went over as a bombardier, later joined the Royal Naval Air Service, and is now at the training camp in Greenwich. Sergeant Robinson was for two years a reporter on the Toronto Star.



Colonial "A"
Thin at no sacrifice
of accuracy.

THE WALTHAM WORKS,
WALTHAM, MASS.

The Waltham Watch

BEFORE the establishment of the Waltham Watch Company in 1854, there was not a single factory in the world where a watch movement was made in its entirety.

The plates were fashioned in one place, the wheels elsewhere, and so forth. All the parts thus made by disconnected and non-standardized methods were finally assembled and cased somewhere else.

But with the advent of the Waltham Watch Company a

revolution in watch making took place.

One of the first results of this Company's establishment was to produce better watches at a lower cost than were ever possible before. Watches ceased to be a luxury of the rich and became a convenience that all might possess.

Throughout the past sixty years, every gold medal awarded for watch merit has been awarded to Waltham.

So that there is a meaning full of significance in the name "Waltham" for any person who desires the most dependable timepiece that money can buy.

"Your Jeweler Will Show You."

WALTHAM WATCH COMPANY
Montreal



Strength

Life's greatest assets are Health and Strength and without these existence becomes intolerable.

The Human Body, under the best of conditions, is a fragile structure, easily susceptible to climatic conditions, over-heating, exertion, mental and physical emotions. This subject requires constant attention if health and strength are to be continually maintained. The most sensible method of preserving health is to consume food which produces it. The food which produces health is that which contains Carbo-Hydrates, Proteins and Fats. COCOA is a palatable liquid food containing, when mixed with milk, all these necessary substances in a form that is not injurious to the weakest digestion. For the easiest and most pleasurable way to obtain just the right kind of nourishment the body needs, drink Cocoa. For the best and quickest results drink Cowan's Perfection Cocoa.

**COWAN'S
COCOA—**
"Perfection Brand" Purest and Best

Remember, for
the best and
surest results
order this
brand.