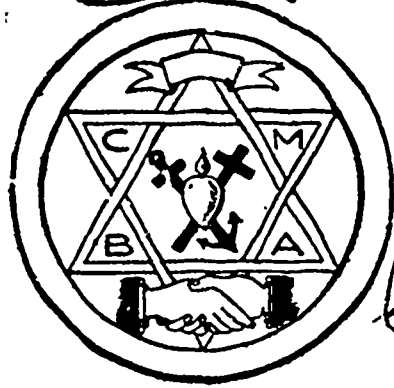


# The CANADIAN



PUBLISHED IN THE INTERESTS OF THE GRAND COUNCIL OF THE C.M.B.A. OF CANADA

VOL. 1.

LONDON, ONTARIO, SEPTEMBER, 1898.

No. 7.

## NOTES.

Branch presidents are requested to see that each member of their respective branches is supplied with a copy of our new Constitution. Under our present system this is absolutely necessary. Members must not be allowed any excuse for not knowing when the assessments are due. Our Constitution gives notice to members that FIFTEEN assessments in each year are payable at FIXED DATES; and when SPECIAL assessments are required notice thereof is to be given in THE CANADIAN, our official organ. No excuse, brothers.

Many of our Branches were under the impression that they were allowed a longer time within which to pay a double assessment than a single, and hence the July assessments, Nos. 8 and 9, were not paid as promptly as they should have been. Sections 9 and 10 of the constitution are sufficiently clear on this point, besides, if any doubt existed regarding the time allowed, the notice under the assessment statement on page 4 of the July number of THE CANADIAN, should have removed it.

Grand Deputy Brother P. J. O'Keefe has been working hard lately paving the way to have branches organized at Norton and Campletown, N. B., Margaroo, Bridgewater, Londonderry, Kentville, Truro, Guysboro, Annapolis, Desouso and East Pubnico, N. S.; Souris and St. Peter's, P. E. I.; Ingonish, Pt. Marian, Iona and Grand Narrows, Cape Breton, N. S., and New Richmond and Metapedia, Que.

We hope the good work started by our energetic Grand Deputy will be continued until we have a flourishing C. M. B. A. branch in each of those localities.

Many of our branches are not increasing their membership: in fact several have not initiated even one member the past twelve months! This is certainly to be deplored. Our brothers throughout Canada should make every possible effort to increase our membership if they desire the

association to succeed and our assessments kept at a minimum. We should endeavor to increase our membership, not only for the good it will do to ourselves, but for the great benefit to those whom we bring in. Of course our association is growing, but it should undoubtedly grow much more rapidly when we consider the many advantages in having a membership therein, apart from the extremely low rate for securing insurance in a reliable society.

We desire to call the attention of Medical Examiners to the following regulations in Sec. 122 of our Constitution:

"The Local Medical Examiner shall carefully examine every applicant for membership in accordance with the prescribed form adopted by the Association for Medical Examiner's report, being careful to answer every question on said blank as accurately as possible; he shall witness the signature of the applicant to the Medical Certificate, and shall at once forward the said report to the Supervising Medical Examiner. When an applicant presents himself for examination, the Local Medical Examiner shall collect from him the sum of two dollars, fifty cents of which he shall forward to the Supervising Medical Examiner with the medical report."

Some of our medical examiners are in the habit of giving the medical certificates to the branch secretary, who forwards them to the Supervising Medical Examiner via the Grand Secretary, and without the required fee. This is entirely wrong, and must be discontinued. We cannot see how any physician can misunderstand the section referred to.

The large woollen mills owned and operated by Mr. William Zinger in Teeswater, Ont., were partly destroyed by fire on Aug. 2. The machinery will prove almost a total loss, and the damage to the building was heavy. The loss is about \$1,000; insured for \$2,200. Bro. Zinger is Chancellor of Branch No. 92, and was the representative from said branch to the convention of our association held at St. John last September.

Our association has, so far, with the number of assessments called for by the constitution, been able to pay the claims within the time allowed, viz sixty days after due notice and proofs of death were received, but in order to continue doing so, it will be necessary for all Branches to remit the amount of those regular assessments as promptly as possible. If Branches neglect this how can they expect the association to pay the beneficiaries within the legal time? We may have such Branches suspended, but that will not bring the association any more beneficiary money for the time being.

Sleep, says the Lancet, is a greater mystery than insomnia. We hear much of the latter state in these days. But it is more wonderful that we sleep so well than that we are occasionally wakeful. We hear more of sleeplessness than our forefathers did. It is a remarkable fact that in scarcely any of the older text-books of practice of physic is there any formal notice of insomnia per se. In later works, and especially in those devoted to treatment, the subject of insomnia does receive considerable attention. And every now and again the sleeplessness of a great man in the world of science or in that of politics reminds us that eminence has its troubles, and of a sort which seldom affects the poor man. It is probable that this evil of wakefulness is more common than it used to be. The excitements, and especially the worries of life multiply. Many of the arrangements of society are of a nature to drive away sleep. Even the very pleasures of life are so often taken by many as to rob them of one of the greatest pleasures of all — an eight hours' sound sleep; for we maintain that this is what everybody should aim at. It may seem a long time to spend a third of one's life in sleep. But if the other two thirds are used well there is little cause for blame. No rule for all can be laid down; but it would be well for most people in the intensive days in which we live to devote eight hours to the cultivation of the mood and act of sleep, and to resist the dom-

ination of habits and fashions that are inconsistent with this purpose.

A number of our members have written us, asking, What are Eucharistic Flowers for the Dead? The following from the Carmelite Review will answer the question:

Among the many beautiful schemes which are being continually devised by pious souls for the spread of Catholic practices, one was brought to our notice lately which must have been inspired by the Poor Souls, so sadly neglected in our pagan century. No custom could be more heathen, more senseless, than that of offering costly floral tributes at Catholic funerals. In

contrary, it leads to the unholy neglect of the soul departed. Gifts that would be of the greatest benefit to the poor soul are made impossible in order to make a vain show of pagan sympathy. The new scheme is this: Instead of sending flowers, Catholic friends of the deceased send to his mourning relatives a beautiful folding card, which bears a printed form of presentation with blank spaces for the insertion of number of prayers and masses to be offered for the departed, and name of the sender. These cards form spiritual bouquets, whose perfumes refresh not the living mourners, but the poor soul itself, and whose fragrance mounts to the throne of God. They are called "Eucharistic Flowers for the Dead." Mr. P. A. Kemper, of Dayton, Ohio, who has a hand in so many pious schemes, is trying to make this one known throughout the country. He will most gladly give all the information necessary to any one who asks for it. We hope many of our readers will adopt these Catholic flowers as their tribute to departed friends. There is no need to wait until it is a fashion. How can any Catholic object to such an offering for the benefit of his deceased relatives? God bless the man who first thought of the new code of etiquette towards the poor souls.

Love is never lost, if not reciprocated it will flow back and soften and purify the heart.—Irving.