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The Education of Self

(Formerly Published as "Self-
Control and How to
Secure It")

By PROF. PAUL DUBOIS, M.D.,
Author of "The Psychic Treatment of
Nervous Disorders," "The Influence
of the Mind on the Body," etc.

(Translated from the French by Harry
Hutcheson Boyd.)

This volume by this eminent specialist
of Berne makes a valuable addition to the
flood of light which Prof. Dubois has
already shed upon the subject of self-con-
trol, and especially upon want of it as
contributing to the production of nervous
disorders as set forth in his "The Psy-
chic Treatment of Nervous Disorders" and
"The Influence of the Mind on the Body."

CONTENTS.

Introduction—The Conquest of Happi-
ness—Thought—The Act—Conscience—
Education—Moral Clear-Sightedness—
Egoism and Altruism—Meditation—Toler-
ance—Indulgence—Humility—Moderation
—Patience—Courage—Chastity—Sincerity
—Kindness—Idealism.

"This is a philosophical and direct dis-
cussion as to what self-control may ac-
complish, and how it may be secured. He
shows the influence of conscience, and
how education develops conscience. He
makes plain the necessity of moral clear
sightedness, and expounds the difference
between mere egoism and so-called altru-
ism. The book is certainly stimulating
and helpful."

—San Francisco Examiner.

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333,081, and exceeds the income of
the previous year by \$1,775,746.
Formed in 1847, the company has
forged ahead, and now holds a place
among the foremost insurance con-
cerns of the Empire.

The retiring directors were re-
elected. Mr. Robertson MacAulay
resumes the chair, Mr. S. H. Ewing
continues as vice-president, and Mr.
T. B. MacAulay as managing director
and secretary.

Equity Fire Looking Ahead

THE third annual meeting of the
Equity Fire Insurance Company
of Canada was recently held at the
company's head office in Toronto.
In the statement presented the assets
are \$426,699, compared with \$426,517
in 1911. The paid-up capital now is
\$156,179, and the subscribed stands
at \$561,700. During 1912 upwards
of \$1,325,000 has been paid to policy
holders for fire losses. The risks on
the company's books number 30,000,
and these they expect greatly to in-
crease during 1913. The general
manager, Mr. Greenwood Brown, has
recovered from a long illness and is
now ready to put his energy into the
business, and new western directors
have been added to the board.

Canning Profits Going Up

THE financial statement of the Do-
minion Canners, presented at
the annual meeting, held at the head
office, in Hamilton, on March 5th,
showed even better profits than was
generally expected. The first divi-
dend on the common stock was paid
in January as a bonus. After pro-
viding for bond interest, profits of
\$503,409 were shown, after paying
preferred and common dividends and
a credit of \$50,000 to Insurance Re-
serve, \$172,593 was added to profit and
loss account. The earnings were
equal to nearly 16½ per cent. on the
common stock. The old board was
re-elected, but the executive is slightly
altered. Mr. F. R. Lalor, M.P., is
president; Mr. H. W. Richardson,
first vice-president; Mr. J. J. Nairn,
second vice-president; R. L. Innis,
secretary-treasurer; and W. R. Dry-
nan, assistant secretary-treasurer for
the current year.

Good Year for Knitting Co.

THE shareholders of Penmans,
Limited, were presented with a
statement of a pleasing kind at the
annual meeting, held in Montreal, on
March 3rd. The satisfactory year
completed on Dec. 31st enabled net
earnings of \$287,216 to be recorded.
This amount shows a big increase
over 1911 and is in fact a new record
for the company. The Reserve Ac-
count has grown from four to five
hundred thousand dollars during the
year, and the balance at credit to
profit and loss of \$697,630. The
executive for the current year is com-
posed of David Morrice, president;
C. B. Gordon, vice-president; I. Bon-
ner, general manager, and C. B.
Robinson, secretary-treasurer.

Canada Accident Growing

A GREAT advance for the Canada
Accident Assurance Company
during the past year was shown by
the report submitted at the annual
meeting, held at Montreal, last week.
The premiums received during 1912
were \$325,609, against \$254,344 in
1911. The claims, etc., being pro-
vided for, \$80,228 was carried for-
ward to profit and loss. Assets came
to \$290,097 over liabilities on Dec.
31st, as compared with \$206,812 at
the close of the year previous.



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