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No Mist Condition.

Perfect health is the condition of the body when digestion is so perfect that the physiological balance between the destruction and construction that goes on ceaselessly in cell life is daily kept normal.—E. B. Warman.

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Start the New Year Aright.

Let every member start the "new year" with the idea that as a matter of duty to the C. M. B. A., each member in order to perpetuate it is bound to bring in at least one new member each year. Get this idea firmly fixed in your mind, then go to work and get the new member at once.

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Nothing Succeeds Like Success.

A fraternal insurance society like the C. M. B. A. cannot afford to stand still, as success means constantly increasing the membership, not spasmodically, but steadily every year. If you took in one member this year, do not think that sufficient, as you should now take in another and next year one more, and so on to the end of time.

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Take Your Share of the Burden

The work of increase should not fall upon the few, but should be and is the obligation of all alike. The officers are the chosen leaders and we naturally look to them for inspiration and encouragement. If those who have been honored are listless in their work, what is to be expected of the members who lack leadership.—Pennsylvania Workman.

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The Right Kind of Soil.

There can be no poorer soil for a child plant to grow in, or to attempt to grow in, than the soil of pretense. To learn to conceal is a sorrowful lesson indeed for a child. To learn to conceal honest poverty, as though ashamed of it, is the most sorrowful of the sorrowful lessons in this line, for it is to so little purpose, and is unnecessary afterward.—January Ladies' Home Journal.

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Personal Effort.

Experience teaches what may be done by personal effort in accomplishing the most effective missionary work. Without inconceivable to himself the member may make converts to our Order, not only in the holiday vacation, but all through his intercourse with his acquaintances and friends. It is a mistake to suppose that the people with whom we are thrown temporarily in contact have no interest in our system of fraternal protection, and do not wish for light on the matter. To suppose that is to be dangerously untrue to our own interests and humanity. Wherever we see souls behind human

faces we may be satisfied that they will be willing to bring protection to, and brighten the lives of their loved ones by availing themselves of the provision our order affords. They will speak a word in season to invite your friends to become members.—Workman.

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Health the Mainpring of Success.

The chief essential of success for a young man is what the vast majority of young men think about the least—that is, good health and a sound constitution. That is the first thing; nothing precedes it. In the battle for success, that should be a young man's first thought, not his abilities, nor his work, but his health. That is the basis; the corner-stone of all. Abilities cannot bring health, but health may, and generally does develop ability.

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Valuable Figures.

The Spectator, a legal reserve insurance journal, recently submitted figures of the old line insurance companies showing the percentage of actual mortality cost. The figures cover a period of four years—from 1884 to 1888 inclusive. The figures of each year are given separately. The average showed that in 1885 the percentage of actual to expected mortality was 70.00. In 1884 it was 70.62. In no year given has the mortality reached eighty per cent. of the expected. The figures are very valuable and show the basis on which the rate of the legal reserve companies are placed. The above is the experience of all the old line companies after many years active operation and it seems unfair that they should keep on basing their premium rates on a mortality over 20 per cent. higher than their own experience justifies.—Canadian Workman.

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Twentieth Century's Dawn.

"The first people to live in the twentieth century will be the Friendly Islanders, for the date line, as it may be called, lies in the Pacific Ocean just to the east of their group," writes John Ritchie, in the January Ladies' Home Journal. "Where the Next Century will Really Begin." At that time, although it will be already Tuesday to them, all the rest of the world will be enjoying some phase of Monday, the last day of the nineteenth century. December 31, 1900. At Melbourne the people will be going to bed, for it will be nearly 10 o'clock; at Manila it will be two hours earlier in the evening; at Calcutta the English residents will be sitting at their Monday afternoon dinner, for it will be about 6 o'clock; and in London, "Big Ben," in the tower of the House of Commons, will be striking the hour of noon. In Boston, New York and Washington half the people will be eating break-

fast on Monday morning, while Chicago will be barely conscious of the dawn. At the same moment San Francisco will be in the deepest sleep of what is popularly called Sunday night, though really the early dark hours of Monday morning, and half the Pacific will, wrapped in the darkness of the same morning hours, which become earlier to the west, until at Midway or Brooks Island it will be but a few minutes past midnight of Sunday night."

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Staying Power the Secret of Success.

The chief difference between the successful and the failures lies in the single element of staying power—is by tenacity of purpose, rather than by sudden dash, however brilliant, that success is won. Hindrances, checks, trials, instead of defeating one should bring out one's native force—robust natures," on the contrary, as Balzac strikingly says, "live in their sorrows, instead of converting them into apothegms of experience." They are saturated with them, and they consume themselves by sinking back each day into the misfortunes of the past. To forget is the great secret of strong and creative existence—to forget after the manner of Nature, which knows no past, and begins again every hour the mysteries of her indetachable productiveness." Hearken to an old English dramatist.

"The wise and active conquer difficulties
By daring to attempt them; cloth and folly
Shiver and shrink at sight of toil and hazard,
And make the impossibility they fear."

Sat. Eve. Post.

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The Gold of the Rand.

At a time when all eyes are on South Africa a few particulars of the mineral wealth which brought Outlanders to the Transvaal will prove of interest. Wonderful, indeed, are these great "Witwatersrand" gold fields of the South African Republic. The Dutch word "Witwatersrand" means literally "white water range," and the strip of territory a few hundred miles long and a few miles in width to which it is applied was but a few years ago considered a nearly worthless ridge useful only for the pasture of cattle and sheep, and for even this comparatively valueless. In 1886, however, gold was discovered and in 1887 the value of the gold production was about £1,000,000. It increased with startling rapidity; the production of 1888 being about £2,000,000; that of 1889, £3,000,000; and over £10,000,000 in 1890; over £18,000,000 in 1891; and about £20,000,000 in each year. This wonderful development attracted to South Africa thousands of people in the hope of realizing quick fortunes. Development, however, showed that the mines could only be successfully worked by the use of costly machinery, and

while they have been extremely productive where machinery has been used they were not of such character as to make hand or placer mining profitable, as was the case in California. The gold production in the Rand since 1884 has been over £100,000,000, and careful surveys of the field by the use of drills and other processes of experts show beyond question that the insight probably amounts to hundreds of millions sterling, while the large number of mines which have been located in adjacent territory, particularly in parts of Rhodesia, give promise of additional supplies, so that it seems probable that South Africa will for many years continue to be, as it now is, the largest gold producing section of the world.

Recent discoveries lead to the belief that these wonderfully rich mines are the long lost "gold of Ophir," from which Solomon obtained his supplies making "a navy of ships in Eziongeber, which is opposite Eloth, on the shore of the Red Sea, in the land of Edom, and Hiram sent in the navy his servants, shipmen that had knowledge of the sea, with the servants of Solomon, and they came to Ophir and fetched from thence gold, and brought it to King Solomon." Commercial Intelligence.

Two Ideas.

The fraternal beneficiary orders have two sides, the fraternal and the business. Both are necessary for the perpetuity of the order. Fraternal binds the members together in a united band of everlasting friendship requiring each one to see that the beneficiary of the deceased member gets the amount of his certificate and to visit the sick, care for the distressed and bury the dead. The business part requires the prompt payment of all dues and assessments, the careful scrutiny of the financial condition of the order, and that the officers are faithful to the discharge of their duties. Both of these sides need to be carefully looked after and lived up to.

Fraternity is good enough when an order is exclusively built upon fraternal lines, but when combined with family protection it must go hand in hand with business methods, neither one being sight of the other and neither one reaching up to the stars. The order is so much fraternity is apt to overlook the shortcomings of the business side and too much business will tend to crush upon and crush the fraternal side. Care is required to preserve the fraternal side and see that as business is so carefully guarded in its interests that it does not depend upon the others for its support.

Not a word should be said about the small amount of money that is given to the poor. Great souls are never so much to be revered, to what is over them, but small men in souls are either very rich or very poor.