It is no uncommon thing to hear of families which have been fiving in the greatest luxury brought almost to peuury by the death of the bread winner, i the wasteful extravagance of the Part ending in mean humiliations, the crippling of reasonable aspirations the giving up of those reasonable bepeat education and preferment, hope - which only those who have stood near to and lost can ever appreciate. And this takes place down through the whole gamut of society, from the reputed millionaire to the oth e cierk, simply because each lived up to all he had, was satisfied with the day and took no thought of the merrow and this will continue even more in the future than in the past, because of the chang ing conditions and because men who ought to know better are too careless or too weak to practice economy or to take thought for the future

How does insurance effect this? The answer is extremely simple. When I a man has to save, or lose some part of what he has saved, he is apt to make an effect to lay away just so much every little while. The real difficulty of saving anything lies in making a beginning : but if that beginning be once made, if a man has become in the habit of saving so much regularly, he begins to take an interest and pleasure in saving, and therefore saves a little more ' He may look forward to building some day. A little money comee in and he lays it aside for that purpose, places it at interest, and as the house becomes more and more a probability, he takes an interest in seeing the amount saved for that pur pose grow to the required sum. Again there may be a boy to educate, whose education can only be given to him by economy on the part of the family, and, if economy is not practised, the boy must go to work. These cases are not mere incidents of the imagination; such inducements beset men every day, and the solution of the problem is 80 **688**y.

A nucleus only is wanted to start from-something for the fragments to attach themselves to : aud, ouce made solid and started a rolling, like a snowball the nucleus grows larger and larger until it amounts to something. Size does not cause it to grow slower, for the larger it grows the more it can take up : so what were in the begin ning a few little economies become capital.

insurance, then, possesses values distinct from its general features. Not only does it relieve distress, obviate pauperism and keep the family from want, and belp each man to become a capitalist in greater or less degree, but it teaches ferethought and forms habits which all the sons of men would do well to cultivate, and whose culture, if general, would make a happier race of people and a more prosperous com munity -Travelers Record.

PRENCH-SCOTCHMEN IN QUEBEC.

A New York man who has had bust ness relations with several concerns in the Province of Quebec had occasion to visit them recently. On his return be was recounting his experiences to a party of friends. Said be .

'For several years I had been corresponding with several concerns and thought they were all Scotch, both from their names and their close bustness methods.

the office of Duncan McDonald & Co. 1 if you have not already made it. For

WHAT LIFE INSUBANCE DOES That is not the name, but the real one is quite as Scotch I asked a cierk for Mr McDonald, and he replied, with a marked French accent, that Monsieur McDonald was in an inner room. stepped in and found a dark, middle aged man, who looked as little like a Scotchman as any I ever saw, and I asked him it he was Mr McDonaid Out, monsieur, he answered Then he spoke to me in French, of which I know, imperfectly, about 20 words I shook my head and said, 'Non com-He laughed and called ' Donrirend ' ald! and the clerk came in He said something to him in French, and Don ald turned to me and told me that M. McDonald did not speak English, and that he would act as interpreter took us half a day to transact business that might have been got over in an nour if the 'Szotchmen' had epoken English

"I took the clerk up to the hoter to lunch with me and he expirited the attraction. Mr Duncan McDonald's grandfather had been a Scotchman who had been a trooper in it e English army Aster his discharge he had settled in the country and married a Frenchwoman. His children were given Scotch names but their mother looked after their religion and their education As a result, they all sprke French in spite of their being Duncans and Dugaids and Jamies. His own father's father, the clerk explained, had been a Scotchman, and the only reason he could speak English was because he had lived several years as a clerk in a Maine factory.

"The Province of Quebec is full of Scotch rrenchmen or French-Scotchmen, whichever they may be. At; Chitcoutimi, at the mouth of the Saguenay River, I went to an hotel kept by a man named Martin. "Here is another of those French-Scotchmen." I thought. But when I got to the tive patient should, as far as possible, hotel I found him to be a big, red- be burned bearded, porridge and haggis Scot. But, alas! his wife and his sons and his daughters were all uncompromisingly French, and not one of them could speak English You can give a French-Canadian a braw Scotch name, but you can't make him eat oatmeal and say " Hoot mon !"

"After that whenever I heard a Scotch name, I always acked," French Scotch or Scotch Scotch ?"

WHEN SICK.

If you are attacked by any consider able iliness, let your first care be to send for your spiritual physician, and settle the state of your soul. This is done much better in the beginning of a sickness than afterward, when the severity of the disease and the strength of the medicines render a person unfit for so great a work liness is often sent as a punishment for sin : and therefore a sincere repentance and confession of sins, is often a more effectual means of recovery than any other.

Engage your best friends to give timely notice if your distemper should prove dangerous. Do not depend for this upon your doctor unless he happens to be a conscientious Catholic. Too many are prepared for death when they have no strength left for that work because false friends and neglectful physicians do not give time y warm ing of the dangerous nature of the eickness

Take proper care for the discharge of your debts, and all other obligations "When I got to Quebec I called at Incumbent upon you. Make your will

give all those who have in any way injured you, and ask pardon of those you have injured. Receive your sickness from the hand of God as a just punishment for your offences. Frequently offer yourself to Him and beg that He will give you patience, and sanctify your sufferings. Often offer up your pains in union with those en dured by our Saviour. Tell Him that as He suffered for you, you are willing to suffer for His sake

Often procure some friend to read to you such prayers as are mest affecting, and most proper for your present condition Have a crucifix at the foot of your bed or in such a position that you can easily see it. Think often of the When sacred passion of our Saviour suffering most look up to Him Who for your sake suffered more

Try to make your every action meritorious for heaven by doing all and suffering all patiently for God's rake Make frequent ejaculations of faith, confidence and love, and desire the company of those who aid you in raising your thoughts to Heaven. Ask to receive the last sacraments and especially the Holy Viaticum - St. Joseph Messenger.

TUBERCULOSIS.

Everywhere the need of preventive measures in dealing with tuberculosis is gaining recognition. A pamphlet has been widely circulated by the Publie Health Department of the Vestry of Hammersmith, giving the following rules for preventing contagion :

No milk should be used which has not been thoroughly boiled.

"All meat should be thoroughly

cooked before being eaten. "Meat suspected to be diseased.

should not be eaten. The expectoration from a consump-

"It is a source of serious danger when it is dry and becomes dust, and so contaminates the air. A patient should, as far as possible, spit into a vessel containing some disinfectant. The contents of the vessel should be burned or emptied down the drain. They should never be allowed to dry on a handkerchief

"In cleaving rooms which have been occupied by a consumptive patient, the formation of dust should be, as fer as possible, prevented by using damp dusters for furniture, and tes leaves or damp sawdust before sweeping the floors.

"All culinary utensils used by a consumptive patient should be thoroughly washed in boiling water before being used by other persons.

"The wearing apparel of a consumptive patient should be kept

scrupulously clean
"The kirsing of a consumptive patient should be avoided.

THE CROMAR CLAIM.

Before the North American Life, in the interest of Their Policy-holders, Will Pay, they Must liave More information.

After the death of the late Alexander Cromar, Insurance Agent, of Toronto, it was announced that he had a very large amount of insurance on his life, and some surprise was expressed later on when it was learned that but a very small sum was in favor of his wife. and the balance, aggregating over 852 wer was claimed by a Mr Brophy, of Holloway, Oat

It appears that in due course claim

papers were furnished the different companies interested These included all the leading life insurance com These included panies transacting business in this country, and among the companies the North American Life, having sub mitted the papers to their solicitors, found it necessary to have more information Such intermation has not been furnished and the southtors of the North American Life therefore advise the company that they cannot deal with the case intelligently upon the information new before them, and that steps should be taken to crinnel discovery of all the facts.

The North American Life, under the advice of their solicitors, and to pro-tect the interests of their policyholders, have taken the only course open to them, and issued a writ with a view to obtaining the information desired. which will then decide whether the claim is a proper or an improper one

It is likely that Mr Broyhy who is stated to be an educated, intelligent man, may possibly not have been aware that there could be any question as to the legality of the transact ions into which he entered.

CORRECT AND INCORRECT.

It is the correct thing-

To stand while being incented at Solemn High Mass.

To remember that the vestibule of the church is not a reception room for the interchange of friendly greetings and current gossip.

It is not the correct thing-

To march up the aicle to a front pew if one enters the church after Mass has begun, especially during the sermon.

For men and boys to loiter around the church entrance staring at passers-

by To leave the church as if exhausted and glad to get out of it.

It s the correct thing-

To remember that for each day of week there is a special devotion.

Sungay-The Holy Trinity Monday-The Souls in Purgatory. Tuesday-The Guardian Angels.

Wednesday—St. Joseph.
Thursday—The Blessed Sacrament.
Friday—The Sacred Heart and the Passion.

Saturday-The Blessed Virgin.

It is the correct thing-

For ladies occupying the end seats to move up when others enter the pew.

For gentlemen occupying the end seat to move up or rise and let ladies pass in before them.

It is not the correct thing-

To be late for Mass.

To stalk hurridly and noisily up the alale. To ignore the holy water font at the

entrance. To give a little bobbing curtsy in-

stead of the proper genuflection before entering the pew For persons occupying end seats to force others holding seats in same pew

to climb over them. To make a rush for the doors before the priest has even descended the altar to begin the concluding prayers.

The Equitable Life Assurance Society has won the suit brought against it to recover on a contested policy for \$100 000, issued to a New York broker who shot himself a month afterward. Men who contemplate both life insurance and suicide should read their policies with great care.