

A PROTESTANT CONFESSION.

There is no denying the fact that the Reformation parted with much that might have been helpful to the churches which would not admit the sovereignty of Rome or the superiority of church over the Book.

CHRISTIAN CHARACTER.

Character is what distinguishes one man from another. One is strong in character; another is weak; one is gentle, another is severe; one is good and noble, another is bad and low, and as a man is in his character so is he classified by those who know him.

In God alone we have perfection; but He is so great and perfect we cannot comprehend it, and we must confess that it is beyond human comprehension, so relegate it to the infinite.

Thus, Christian character is that quality of mind and heart which recalls the life of Christ in His going about doing good. It tells of the lives of the saints who strove to walk in the divine footsteps.

But while this is the standard of perfection and this is the character for all men, since all have been created by God and all have been redeemed by Him, we cannot expect to see it realized in a high degree other than by Christians, for these alone have the light in its fullness and these only have the grace accompanying it.

Christian character is the strongest kind of character, as virtue is stronger than vice, good more powerful than evil. It is far reaching and enduring. It may be checked but it cannot be stopped. It may be delayed but it cannot be overcome.

Our perfection is God's expressed wish and He is striving in a thousand ways to bring it about. Grace is ever trying to work upon the senses to draw man to higher and holier things, and the thoughts of creation, sacrifice, redemption and the promise of eternal happiness, are continually brought before his mind in the endeavor to lead him to perfection, but his free will must first, he must desire, he must pray, he

must co-operate, he must yield his faculties before anything can be accomplished.

And yet what should a man more strive for than to perfect himself? A man will do much to perfect his bodily strength that he may enjoy good health and prolong his life to a good old age.

BENEDICTION OF THE BLESSED SACRAMENT.

The Benediction of the Blessed Sacrament is one of the simplest rites of the church. The priest enters and kneel down, one of them unlocks the Tabernacle, takes out the Blessed Sacrament, inserts it upright in a monstrance of precious metal, and sets it in a conspicuous place above of the altar, in the midst of lights, for all to see.

DIocese of London.

URSULINE ACADEMY, CHATHAM, ONT. I was with a "Good Mile Faith" as we welcomed our beloved Bishop Right Rev. F. P. McEvay, D. D., one bright day last week when he honored us with a visit, the first since his return from the Eternal City.

His Lordship then presented to each one of the pupils a beautiful souvenir, in the shape of a Holy Father's souvenir which shall be treasured by each and every one of us as long as life shall endure, not only for its intrinsic value but especially as a gift from our Bishop, and blessed by the Pope.

On the feast of the universal patron of the Catholic church, glorious St. Joseph, the beautiful marble altar of St. Joseph which now adorns our convent chapel was used for the first time when solemn High Mass was offered thereat, for the generous donors, Mr. James Marshall and family, who enjoyed the well deserved privilege of being present on the occasion.

MARRIAGES AND DEATHS.

MARRIAGE ANNOUNCEMENTS and death notices in condensed form not exceeding five lines, fifty cents.

DEED. O'NEIL.—At the residence of his brother, 121 1/2 St. George, on March 18, 1906, Mr. John O'Neil, aged thirty four years. May he rest in peace!

RYAN.—On St. Patrick's day at Durham, near Oshawa, Ont., Janet Mary, widow of the late Richard Ryan, aged sixty-eight years. May she rest in peace!

DAILY.—At Thessalon, Ont., on Wednesday, March 21, 1906, Mr. John Daly sr., a native of County Wexford, aged eighty four years. May he rest in peace!

HURLEY.—On Monday evening, March 12, 1906, at his residence, 417 Main Street, Mr. John Hurley, a native of County Cork, Ireland, aged fifty seven years. May he rest in peace!

TEACHERS WANTED. CATHOLIC TEACHER WANTED FOR ST. AUGUSTINE'S school, District No. 2, N. W. T. Male or female, holding 3rd class certificate. Duties to commence April 1, 1906. Apply stating salary and experience to D. Morrison, St. Andrews P. O., Via Wapella, Sask. N. W. T. 1431.

WANTED FOR SCHOOL SECTION 11, HAY. Male or female teacher, holding 3rd class certificate. Duties to commence April 1, 1906. Apply to Nelson, St. Joseph, Ont. 1432.

WANTED.—WOMAN TO KEEP HOUSE. On farm for widower with two children. Catholic. Reference required. Address: W. L. Veness, Inad-fall, Alta. 1433.

PRIEST'S HOUSEKEEPER. WANTED A HOUSEKEEPER BY Address C. D. CATHOLIC RECORD Office, London Can. 1434.

BUSINESS OPPORTUNITY FOR CATHOLIC. With moderate capital and experience, to open general store in one of the best towns in Ontario. For particulars address: 1122 Y. Record Office, London Ont.

FIVE GOLDEN RULES.

First—Eat only 3 meals a day, 5 hours apart. It requires 4 to 4 1/2 hours to digest a meal. This leaves 1/2 to 1 hour for the stomach to rest.

Second—Eat nothing between meals. If anything is taken into the stomach while digestion is going on, digestion stops and may not start again for an hour.

Third—Eat slowly and chew food thoroughly. This insures food being well mixed with saliva and partially digested before it reaches the stomach.

Fourth—Drink little fluid with meals. The stomach gives out about a pint of gastric juice to digest each meal. If you take another pint of tea, wine or water, then the digestive juices are too diluted to properly digest the food.

Fifth—Take one "Fruitatives" tablet about twenty minutes before meals. "Fruitatives" tone up and sweeten the stomach—insure an abundant flow of digestive juices—and cure Dyspepsia. Follow these directions for a month and see how much better you are in every way.

STAMMERERS

The ARNOTT METHOD is the only logical method for the cure of stammering. It treats the CAUSE, not merely the HABIT, and insures natural speech. Pamphlet, particulars and references sent on request. Address THE ARNOTT INSTITUTE, BERLIN, ONT., CAN.

The Home Bank of Canada

8 KING ST. W. 78 CHURCH ST. 522 QUEEN ST. W. TRANSACTS A GENERAL BANKING BUSINESS Savings Accounts a Specialty Sterling Exchange Bought and Sold Drafts issued payable at all leading points in Canada and the United States Savings Department of Church St. and Queen St. Branches open every SATURDAY EVENING, 7 TO 9 O'CLOCK JAMES MASON, General Manager

The stomach gives out about a pint of gastric juice to digest each meal. If you take another pint of tea, wine or water, then the digestive juices are too diluted to properly digest the food.

The Mutual Life Assurance Co. of Canada

WATERLOO, - ONT.

Thirty-Sixth Annual Statement for the Year 1905.

Table with columns: INCOME, DISBURSEMENTS, ASSETS, LIABILITIES, GAINS IN 1905. Includes financial data for the year 1905.

Directors' Report

INSURANCE ACCOUNT.—The volume of new business was 3,637 Policies for \$6,014,576, being an increase over 1904 of 183 Policies for \$966,418.

INCOME.—The total income for the year was \$1,956,518.91, derived from Premiums, \$1,547,596.45; Interest and Rents, \$407,922.46; and profit from the sale of Real Estate, \$1,148.52.

PAYMENTS TO POLICYHOLDERS.—The payments to Policyholders consisted of Death Claims, \$231,921.10; Matured Endowments, \$159,450; Purchased Policies, \$61,168.88; Surplus, \$87,928.58; and Annuities, \$9,424.56; being a total of \$552,914.19.

THE EXPENSES AND TAXES were \$348,491.75; and Profit and Loss \$1,519,18, making a total of \$3,060,91.91, or 17.8 per cent. of the total income.

ASSETS.—The cash assets at the close of the year were \$3,816,558.12, and consisted of monies received, \$4,285,331.89; Debentures and Bonds, \$1,245,401.89; Loans on Policies, \$388,670.39; Premium Obligations, \$28,810.60; Real Estate, including the Head Office building, \$56,281.05; and cash in Banks and at Head Office, \$261,265.60.

LIABILITIES.—The liabilities at the close of the year were \$3,210,011.12, and consisted of Reserve, 1 per cent. \$1 per cent. and 3 per cent. \$5,210,061.24; Reserve or Unpaid Policies liable to revive or surrender, 2,400.31; Death Claims Unadjusted, 64,630.00; Present value of Death claims payable in installments, 35,614.98; Premiums paid in advance, 11,378.42; Amount due for medical fees, 5,889.50; Accrued Rents, 805.33; Credit Ledger Balances, 10,224.25; Surplus on Company's Valuation Standard, 952,001.12.

The interest on our investments has been very well met, especially in the city of Winnipeg, where on mortgages amounting to \$745,355 the interest in arrear at the close of the year was only \$227.

THE LIABILITIES were again computed on the same standard as in former years viz.: Combined Experience Table with 4 per cent. interest for all business up to January 1, 1900.

As in former years, the Executive Committee has examined all the securities and verified all the entries relating to them on the Company's books.

THE SOVEREIGN BANK OF CANADA

YOUR ATTENTION is respectfully drawn to the opening of a Branch of this Bank at 635 Dundas Street, London East

where accounts of societies, lodges, churches, charity organizations, schools, factories and business men can be opened.

JOINT ACCOUNTS of husband and wife, brother and sister, or any two, upon which either can draw, can also be opened.

WE ADD INTEREST in our Savings Department to our customers EVERY THREE MONTHS.

The Sovereign Bank of Canada

London Branch, opposite City Hall, F. E. KARN, Manager.

London East Branch, 635 Dundas Street, W. J. HILL, Manager.

Flattering compliments are being paid those who are wearing The New High Bust Straight Front D. & A. Corset No Corset Suits present styles as well.

SHREDDED WHEAT BISCUIT is a ready-cooked, whole-wheat food, made light and porous without yeast, baking powder, fats or chemicals—a natural remedy for digestive troubles.

No Medical Examination is necessary when you take out a policy—accident or sickness—from The Empire Accident and Surety Company

Try Us For Workingmen's Goods We have what you want. Our margins are close. We carry a full line and can fit any size. Mail orders filled promptly. M. KENNEDY, 240 James St. North, Hamilton, Ont.

The Bennet Furnishing Co. Limited Designers and Manufacturers of School and Church Seating, Altars, Pulpits, Confessionals, Etc. Bank and Store Fittings.

Complete Office of Holy Week CLOTH cut flush. LARGE, CLEAR TYPE, 564 pages 25 Cents Recognized as the best edition in regard to completeness, clearness of type, and quality of paper. CATHOLIC RECORD OFFICE, LONDON, CANADA