

**GEMS.**

It is better to suffer than to sin, to endure wrong than to perpetuate strife.

Between the great things that we cannot do and the small things we will not do, the danger is that we shall do nothing.—Adolph Monod.

Every time you take up a bad or trilling book you lose an opportunity of taking up a good and lasting one.—S. J. Batten.

Ask God to show you your duty, and then do that duty well; and from that point you mount to the very peak of vision.—Edward Everett Hale.

Many, indeed, think of being happy with God in heaven; but the being happy with God on earth never enters their thoughts.—John Wesley.

Never depend upon your genius; if you have talent, industry will improve it; if you have none, industry will supply the deficiency.—John Ruskin.

An active faith can give thanks for a promise, though it be not yet performed, knowing that God's bonds are as good as ready money.—Matthew Henry.

The greater half of our worries, certainly the more irritating half, comes from our pride. Care hath many wive but I think Conceit hath borne him the most children, and these the most greedy and unruly of them all. To humble ourselves is to be rid of many of our heaviest burdens.—Mark G. Pearse.

**PENNIES MAKE POUNDS.**

"Take care of the pence and the pounds will take care of themselves."

This is a wise old English proverb that we wish our readers to study, and it applies not less to dollars and cents than to pounds and pence.

People are more tempted to extravagance in small than in great matters. "It only costs a trifle," "I never spend more than a few cents for my cigars and tobacco, and what's that to make a fuss about?"

These are common words with many of our young men, and older ones as well. If they took a pencil and figured up the amount spent in these foolish and dangerous luxuries they would be startled at the amount.

A lady of very small means wanted to have some money for charitable objects. She began her poor-fund with a penny spool of cotton, this she knitted into a neat little mat, that she sold for four-pence; she spent the four-pence on wool, and knitted a pair of cuffs that she sold for a shilling; this was again spent on materials that when made up brought half a crown, and when a few months after she began, I inquired how she was getting on, I found she had made her penny into thirty pounds! Take care of the pence. They are wonderful things. They melt away unperceived if they are not taken care of. A ship's carpenter once said to me: "When a big hole is knocked into the ship's side, we know it at once, and with tow and tallow we bung up the place at once, and then set to, to properly mend the damage; but it's your little leakage, that is not at once known, that's dangerous. The water gets into the hold, and nobody knows how or where. Oh, I always dread a little leak, for that often sinks the ship."—Words of life.

**FEW PEOPLE REALIZE**

The Danger in that Common Disease, Catarrh.

Because catarrhal diseases are so common and because catarrh is not rapidly fatal, people too often overlook and neglect it until some incurable ailment develops as a result of the neglect.

The inflamed condition of the membrane of the nose and throat makes a fertile soil for the germs of Pneumonia and Consumption; in fact, catarrhal pneumonia and catarrhal consumption are the most common forms of these dreaded diseases which annually cause more than one-quarter of the deaths in this country.

Remedies for catarrh are almost as numerous as catarrh sufferers, but very few have any actual merit as a cure, the only good derived being simply a temporary relief.

There is, however, a very effective remedy recently discovered which is rapidly becoming famous for its great value in relieving and permanently curing all forms of catarrhal diseases, whether located in the head, throat, lungs or stomach.

This new catarrh cure is principally composed of a gum derived from the Eucalyptus tree, and this gum possesses extraordinary healing and antiseptic properties. It is taken internally in the form of a lozenge or tablet, pleasant to the taste, and so harmless that little children take them with safety and benefit.

Eucalyptus oil and the bark are sometimes used, but are not so convenient nor so palatable as the gum.

Undoubtedly the best quality is found in Stuart's Catarrh Tablets, which may be found in any drug store; and any catarrh sufferer who has tried douches, inhalers and liquid medicines will be surprised at the rapid improvement after a few days' use of Stuart's Catarrh Tablets, which are composed of the gum of the Eucalyptus tree, combined with other antiseptics which destroy the germs of catarrh in the blood and expel the catarrhal poison from the system.

Dr. Ramsdell in speaking of Catarrh and its cure says: "After many experiments I have given up the idea of curing catarrh by the use of inhalers, washes, salves or liquid medicines. I have always had the best results from Stuart's Catarrh Tablets; the red gum and other valuable antiseptics contained in these tablets make them, in my opinion, far superior to any of the numerous catarrh remedies so extensively advertised. The fact that Stuart's Catarrh Tablets are sold in drug stores, under protection of a trademark, should not prejudice conscientious physicians against them, because their undoubted merit and harmless character make them a remedy which every catarrh sufferer may use with perfect safety and the prospect of a permanent cure.

For colds in the head, for coughs, catarrhal deafness and catarrh of the stomach and liver, people who have tried them say that Stuart's Catarrh Tablets are a household necessity.

**TWENTY-FOURTH ANNUAL STATEMENT**

OF THE



**NORTH AMERICAN LIFE ASSURANCE COMPANY.**

**HOME OFFICE:**

**112-118 King Street West, Toronto**

**For The Year Ended 31st December, 1904.**

Dec. 31, 1903. To Net Ledger Assets..... \$5,876,210 75

**RECEIPTS**

Dec. 31, 1904.  
To Cash for Premiums..... \$1,287,250 16  
To Cash on Investments..... 269,779 64  
**1,557,029 80**

**DISBURSEMENTS**

Dec. 31, 1904.  
By Payment for Death Claims, Profits, etc..... \$561,186 57  
" all other payments ..... 376,741 86  
**\$937,928 43**

**ASSETS**

Dec. 31, 1904.  
By Mortgages, etc..... \$ 989,847 47  
" Stocks, Bonds and Debentures (market value \$3,539,104 80) 3,460,096 75  
" Real Estate, including Company's buildings ..... 186,608 95  
" Loans on Policies, etc..... 482,420 98  
" Loans on Bonds and Stocks (nearly all on call)..... 771,604 71  
" Cash in Banks and on Hand ..... 104,788 81  
**\$5,945,862 62**  
" Premiums outstanding, etc. (less cost of collection)..... 244,075 91  
" Interest and Rents due and accrued..... 41,561 53  
**\$6,231,000 06**

**LIABILITIES**

Dec. 31, 1904.  
To Guarantee Fund..... \$60,000 00  
" Assurance and Annuity Reserve Fund..... 5,587,346 69  
" Death Losses awaiting proofs, Contingent Expenses, etc..... 82,890 00  
**\$5,729,736 69**

**Net Surplus..... \$501,263 47**

Audited and found correct.

JOHN N. LAKE, Auditor.

WM. T. STANDEN, Consulting Actuary.

New insurance issued during 1904 ..... \$6,530,825 00  
(Being the best year in the history of the Company.)

Insurance in force at end of 1904 (net) ..... \$35,416,880 00  
No monthly or Provident Policies were issued—this branch having been discontinued.

**PRESIDENT:**

**JOHN L. BLAIKIE,**

**VICE-PRESIDENTS:**

**JAMES THORBURN, M.D., Medical Director.**  
**HON. SIR WILLIAM R. MEREDITH, LL.D.**

**DIRECTORS:**

**HON. SENATOR GOWAN, K.C., LL.D., C.M.G. E. GURNEY, Esq.**  
**L. W. SMITH, Esq., K.C., D.C.L. J. K. OSBORNE, Esq.**  
**LT.-COL. D. McCRAE, Guelph.**

**MANAGING DIRECTOR:**

**L. GOLDMAN, A.I.A., F.C.A.**

**SECRETARY:**

**W. B. TAYLOR, B.A., LL.B.**

**SUPERINTENDENT OF AGENCIES:**

**T. G. MCCONKEY.**

The report containing the proceedings of the Annual Meeting, held on Jan. 26th last, showing marked proofs of the continued progress and solid position of the Company, will be sent to policy-holders. Pamphlets explanatory of the attractive investment plans of the Company, and a copy of the Annual Report, showing its unexcelled financial position, will be furnished on application to the Head Office or any of the Company's agencies.

**Designers and Manufacturers of GAS AND ELECTRIC FIXTURES**

**ECCLESIASTICAL BRASS WORK, ALTAR RAILS, ETC.**

**The JAS. MORRISON BRASS MFG. CO., Limited, 89-97 West Adelaide St., TORONTO**

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held at the 1905.

E. B. Oler, A. R. Boswell, J. Gordon, F. J. O'wther, F. J. S. Samuel, F. V. Austin, W. Wm. Mulock, A. E. Webb,

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ER, President.

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BROUGH, General Manager.