for the damage his fire causes to his neighbor's property. As a result of Mr. Wentworth's visit to this city, the Montreal Joint Fire Prevention Committee decided to seek the co-operation of the city in an effort to still further eliminate the enormous fire loss. This association are asking that a civic fire bureau be formed with an inspector to be attached to each of the thirty-seven fire stations in the city with authority to inspect any building and also instruct and direct the people how to prevent fires and, when necessary, punish those who do not conform to the by-laws. It is to be hoped that something of a tangible nature like this will result from Mr. Wentworth's visit. We have far too many fires in this city and throughout the country. Anything that will tend to lessen the number, will be welcomed by all right thinking business men.

FISH AS SUBSTITUTE FOR MEAT.

That the cost of living is steadily mounting is admitted by every one and, at the same time, the majority of sufferers are groping around for a panacea which will help to solve this acute question. Undoubtedly, there are many factors entering into the question and making for an advance in the cost of commodities. We are not going to discuss the many phases of the question in this article, but simply point out in one particular how a measure of relief can be obtained.

The most striking advance in the cost of living question is found in connection with meats, especially the price of beef. As is well known, there has been a marked decrease in the number of cattle on this continent during the past decade and, at the same time, the population has shown rapid increase. In addition, the removal of the duty on cattle by the United States Government has caused Canadian cattle by the thousands to be shipped across the border. This has further augmented the price of beef in Canada. At the present time, our per capita consumption of meats of all kinds is 129 lbs. per year. Of this 50% or 64 lbs. is beef, 45% or 49 lbs. pork and 4½% or 6 lbs. mutton. Our consumption of meat amounting to 129 lbs. per head compares with 158 lbs. per capita for the United States, 112 lbs. for United Kingdom, 111 lbs. for Germany, 77 lbs. for France and 61 lbs. for Austria-Hungary. From the above, it will be seen that Canadians are heavy meat eaters so that, with present prices, our meat bill will total a very large amount.

A food, which has been neglected by Canadians, and which is equally healthful and much cheaper than meat is fish. We have the finest fresh water and salt water fisheries in the world, but, up to the present time, these have largely been neglected. The total value of all fish and fish products taken by Canadian fishermen last year was $34,667,000, of which the sea fisheries contributed $30,800,000 and the inland fisheries $3,800,000. There are at the present time approximately 100,000 people engaged in the fishing industry in Canada, but the industry is capable of much greater expansions.

Medical men state "that for working people of all classes, fish is an economical source of the energy necessary to enable them to carry on their work and that for children and young persons, it furnishes the very stuff that is needed to enable them to grow healthy and strong. Fish is unsurpassed food for brainworkers who lead a sedentary life." As fish costs but little more than half of what meat costs, a big saving is at once effected by a housekeeper who substitutes fish for meat. Fish and bread are both nutritious and can well take the place of meat in the majority of homes of people who are now finding the prices of meats beyond their means.

THE BANK OF MONTREAL REPORT.

The 96th annual report of the Bank of Montreal, which appears elsewhere in this issue, is the best ever issued by Canada's oldest and best known financial institution. The net profits for the year amounted to $2,648,400, which with the balance brought forward from the previous year of $802,800, made $3,451,200 available for distribution. The bank declared its regular quarterly dividends of 2½% and also gave two bonuses each of 1%, making the disbursement for the year 12% ,thereby giving their shareholders an excellent return on their investment.

During the year, the bank increased its circulation, its total deposits, its current loans and its total assets. The latter now stand at almost $245,000,000, showing a substantial gain over the figures of the previous year. Several additional branches were opened during the year and other evidences of the bank's progress can be gathered from the report.

An outstanding feature of the Bank of Montreal's report is the annual address of the president. That delivered this year by Mr. H. V. Meredith, the new president, was an optimistic review of the financial, industrial and economic conditions prevailing not only in Canada but throughout the world. Mr. Meredith discussed all questions affecting Canada's trade and her monetary status, among other matters, the Balkan War, the political unrest in France and Germany, the social unrest in Great Britain, the rise in the price of commodities, the rush to borrow money from the world's great bankers in London, the Mexican situation, the tariff changes by the United States and other factors affecting the Canadian people.

Discussing Canada's trade, he showed that our exports were increasing much more rapidly than our imports, indicating that Canada was paying her bills through the exportation of produce, rather than by borrowing money. The concluding words of his able address should carry a