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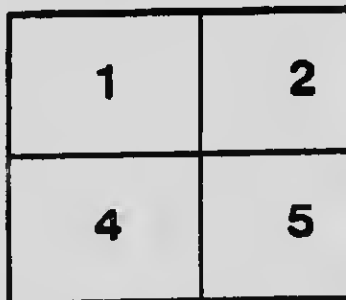
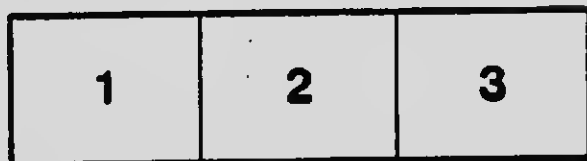
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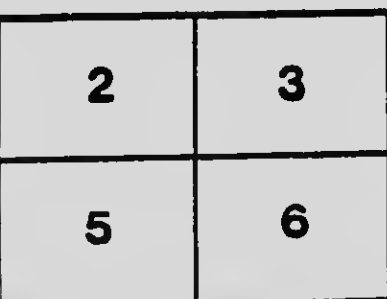
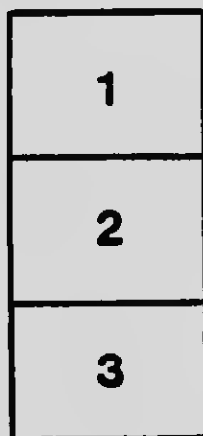
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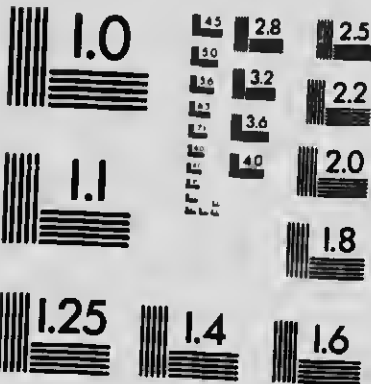
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**An  
Association  
of  
Men  
for  
Men**



## BOVRIL

Is the Best Food for Athletes when in training, as it contains all the nourishment of the finest lean beef in the most concentrated, palatable and easily digestible form.



## Four Pointers for Men

### POINTER NUMBER ONE

On page 6 of this booklet is an item regarding the Regulation Gymnasium Outfit.

After you join the Association, or before, if you like, come to Wm. Currie, 1967 Notre Dame St., and attention to your needs will be our pleasure.

### POINTER NUMBER TWO

Wm. Currie's Clothing is made out of pure wool—pure wool with us means PURE WOOL, not part cotton or shoddy. This is worth something to you.

### POINTER NUMBER THREE

Wm. Currie's line of Trousers are so highly praised by those who wear them, that we are beginning to think there are none better.

### POINTER NUMBER FOUR

Wm. Currie sells everything a man needs in the way of furnishings. By buying from him, your money will last longer, and your satisfaction will be greater.



## WM. CURRIE

1967 Notre Dame St.

MONTREAL

N.B.—We have three other Pointers you should know about, but our space is used.—Call in and we'll talk them over.



## An Association of Men for Men



### The Association Building Dominion Square, Montreal

The Association Building was completed in 1891, at a total cost, including land and furnishing, of \$150,000, the money being subscribed by the citizens of Montreal. When this building was erected it was thought to have been large enough for many years to come. But the work has expanded so rapidly that the Management has under consideration the adding of an annex on the vacant lot adjoining. The Departments which need more room are the Physical, Junior, and the Educational. It will cost about \$40,000 to build and equip this annex. . . . .

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Being information about the Young Men's  
Christian Association of Montreal for  
1902-3 . . . . .



## A Bit of History

The Young Men's Christian Association is, as its name indicates, primarily an "Association."

It might be called a Social Club, for such it is—and more.

It is actually the social club of over two thousand of Montreal's young men, and Montreal is only one of sixty-two hundred Associations with a total membership of nearly six hundred thousand men.

The "Association" idea was prominent from the beginning.

Over fifty years ago, to be more exact, fifty-eight years ago, in the City of London, it occurred to a young man employed in a commercial establishment that an organization for the betterment of his fellows would be a good thing. Along with others he organized a Society, giving it the name of the Young Men's Christian Association.

To-day the Association belts the globe, and is the custodian of property worth twenty-eight million dollars.

The late much lamented Queen Victoria, who was ever anxious to honor merit, knowing the value of the Association, knighted its founder, and the young dry goods clerk of over half a century ago is to-day Sir George Williams. He is still President of the Parent Association.

The Montreal Association was the first organized on this Continent. It is over fifty years old.

## Why So Successful?

The Association has been a decided success. It is more alive to its responsibilities to-day than ever before, and is keeping pace with the times.

Young men need the Association, and the Association meets the need.

The average "flesh and blood" young man is interested in his body, or rather he is overflowing with physical energy.

He is not necessarily a "sport," yet he is in love with manly sport.

Right here the Association shows its common-sense. It encourages the young man and gives him excellent facilities for athletic and gymnastic work.

For this reason the building on Dominion Square has a well-equipped gymnasium, with all modern apparatus to induce young men to look after their bodies.

Also, a Physical Director, who is thoroughly trained to direct it. He is always get-at-able, and knows every muscle and its proper use as well as a pianist knows the keyboard of his piano.

Men who are dyspeptic and out-of-sorts generally, may look upon the gymnasium as a sort of unnecessary

ornamentation to the work of men who are interested in it, benefits, are never dyspeptic or out of sorts, and that this present life is given them they pitch in, to make it as easy as possible to do the right and hard to do the wrong.

Many of the best athletes and athletes of the Association—men who can turn a hand to any work—can walk—are the men who are in the floor of the Association giving a word of advice with a glad-to-see-you tingle in their hearts. They were you afterwards to enter a relay race, they were you afterwards to enter a relay race, as not these same men would be the most inspiring testimony.

## Do Not Neglect Your

There are scores of good reasons why you should not neglect your body; but it is useless to say so unless likely they would influence you to act.

The common-sense argument,—"If you do not look after it it will not do its work, will suffice.

Some day when that complica-



body, refuse to work, and you have to examine your regular examination. You pay the doctor's fees—ask the doctor's

If you and take our advice, you will find a good deal better than allowing the worst; and you will save the doctor's

But perhaps that is no inducement

## The Need To-d

With the rush and wear of business life is needed more than at any other

This is fact, not theory.

Glance over the advertising page and you will see full page advertisements so-and-so, who guarantees to give you mail.

These men do not get advertising. Business men are paying for it, so feel their need of exercise.

The cost does not count for much, but seem to, when we consider what a relief it is by mail.

work of the Association; but the  
in it, take advantage of its  
peuple or out-of-sorts, but believe  
is given them to be enjoyed; and  
it as easy as possible for men to  
to do the wrong

athletes and gymnasts in the Asso-  
turn a hand' bring as easily as they  
n who are in on the reception  
n giving a welcome to strangers  
ingle in their handshake; and  
enter a religious meeting, likely  
would be the first with a faith-

## Protect Your Body

good reasons why you should not  
it is useless to give reasons,—not  
ence you to action.

argument,—that if the body is  
ll not do its full complement of

that complicated machine, your  
body, refuses to do its necessary  
work, and "goes on strike,"  
you hasten to a doctor, who  
examines you, and prescribes  
regular exercise in a gymnas-  
ium. You take your medicine  
—the prescription—join the  
Association, take the exercise,  
pay the doctor, and no ques-  
tions asked.

If you read this booklet  
you will find that prevention is a  
llowing the worst to come to the  
ve the doctor's fee too.  
no inducement to you.

## Need To-day

wear of business life to-day, exer-  
n at any other time.  
ory.

vertising pages of any magazine  
page advertisements of Professor  
ees to give you big muscles—by

et advertising space free.

aying for it, simply because they  
se.

ount for much,—at least, it does  
onsider what men pay for instruc-

## A New Departure

The fact of having to go to a gymnasium, and donning a gymnasium suit, may be an objection. Perhaps you prefer taking exercise in your room—we believe a number do; so we have decided to go to you, if you will not come to us.

After a good deal of thinking, we have adopted a plan of Home Gymnastics. We are not going to suggest "wood-splitting," or any of the numerous kinds of exercise you don't like, but attractive dumb-bell and free-hand work, which will take only a few minutes each day.

This leaves you without excuse, as it will perfectly meet the requirements of the exceptionally busy man.

Of course, it is not as good as coming direct to the gymnasium, but it is a great deal better than no exercise, and a good deal better than any instruction you can get by mail, for you will have the Physical Director near you, who will give you all the attention you want; and at the beginning you can have a physical examination by a doctor,—and all this for an ordinary membership fee.



Does this meet your requirements?

It means some effort on your part to acquire muscle and health.

There is no royal road to muscle building.

Below you will find the gymnasium timetable; consult it.

## Gymnasium Time Table

Taking effect September 15th

Class	Evening	Hour
Elementary (for beginners) - - -	Tuesday, Friday	- - 8 to 9
Intermediate - - -	Monday, Wed.	- 8.45 to 9.30
Advanced - - -	Monday, Wed.	- 8.45 to 9.30
*Senior Business Men	Monday, Friday	- - 5 to 6
*Junior Business Men and Clerks - - -	Tuesday, Friday	- - 6 to 7
*Students - - -	Wednesday	- - 5.15 to 6.15
" - - -	Saturday	- - 5 to 6
Junior (14 to 18 years)	Monday, Wed.	- 7.45 to 8.30
Senior School Boys (14 to 16 years) - - -	Tuesday, Thursday,	- 4 to 5
do - - -	Saturday	- 10 to 11.30
Junior School Boys (12 to 14 years) - - -	Monday, Wed., Friday	- 4 to 5

\*Start First Week in October.

### Gymnasium Time Table—Continued

Basket Ball Practice	-	Monday, Wed., Thur.	6.30 to 7.30
do	-	Tuesday, Friday	- - 7 to 8
do	-	Saturday	- - 4 to 5
Floor free for Individual Work	-	Every Weekday	- - 1 to 4
		Tuesday	- - 9 to 10
		Thursday	- - 5.30 to 6.30
			7.30 to 8.30
		Friday	- - 9 to 10
		Saturday	- - 7.30 to 9.45
		Every other Morning	- 8 to 12

## Clubs

In connection with the Physical Department are numerous Clubs, which have their own devotees who are always on the lookout for others.

The Clubs are :

*Tennis*—Grounds, Atwater and Dorchester Streets, near Western Hospital. (Were this football, it might be suggestive.) Five double courts. Those who know say there are no better courts in Montreal.

*Baseball*—Practice at Montreal Baseball Park.

*Bowling*—Two regulation alleys are open from October 1st to April 15th, with a pin boy in attendance during the afternoon and evening. Cost, six strings for a quarter,—just to pay the boy.

*Athletic Club*—Practice running, jumping, pole-vaulting, throwing shot and hammer, etc., at the Baseball Grounds.

The "Field Day" of the Athletic Club is one of the athletic events of the city. (On September 19th this year.)

*Basket-Ball*—Perhaps the most popular of all, because all have a "try" at it. It is the premier indoor game.

*Hockey*—Use the "Arena Rink" two evenings each week,—in the winter, of course.

It costs but little to belong to these Clubs, and to those who are interested it is profitable.

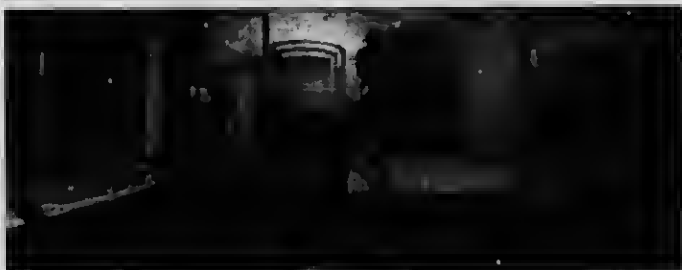
### Gymnasium Men's Bible Study Club

This Club, which included in its membership last year some of the members of all the other clubs, meets every Sunday at 5.15 o'clock, for three-quarters of an hour, for Bible study, and then all take tea together at 6. No member can afford to miss belonging to this club.

### The Plunge and Shower Baths

We would like you to see the Bath-rooms. We know you would be delighted. Everything is kept clean and inviting.

The baths are finished in white tile and marble, with nickel trimmings.



There are shower, needle and tub baths, also a plunge. Abundance of hot water enables the bathers to govern the temperature of the baths to suit their individual needs.

### Clothing

For appearance' sake, the Association some time ago decided that it would be better to have uniformity in gymnasium clothing; and the regulation uniform is a black sleeveless jersey, with red triangle on the breast, a red, gray and black belt (the Association colors), gray trousers and black canvas shoes with rubber soles. If your trousers are short it is better to wear long stockings.

### Lockers

Each member is given a locker for a small charge. It is so arranged that clothing dries perfectly in it, and large enough to keep the outfit of one man.

## Evening Education

Should you be offered another position—a round higher on the ladder—would you be able to fill it?

Likely offhand you think you would be quite competent; but when it came to the trial you might be found wanting.

It is the man that is ready who gets promoted.

A foreman in one of the largest mechanical factories of Montreal told us a few weeks ago that he wanted a man for some particular work in the shop, but no one was ready for it, although he had scores of men in his employ. He wanted a man who could read drawings.

How few mechanics are able to read drawings!

### Draftsmen

An article under the heading "Draftsmen Wanted," in a recent number of the "American Machinist," has this to say about mechanical drawing: "One particular feature about the draftsman's opportunity is that it takes hold of all the mechanical occupations, and of one almost as much as the other. It is not in the least monopolized by the machinist, and it is not the necessity of



his shop more than the others. The pattern-maker certainly has quite as much to do with working drawings, and why not also the moulder, the blacksmith, the boiler-maker, the carpenter, the coppersmith and all the rest? It will be to the immense advantage of the workers in any of these lines, and to the young man, a most presumptive means of advancement, to be not only able to read drawings, but to make them." "Mechanical draftsmen are more numerously required to-day than ever before."

### What Students Say

The course in Mechanical Drawing offered by the Association embraces the points which are practical. A student of last year writes: "I have attended two of the Classes,—Physics and Mechanical Drawing, and have since secured a position where a knowledge of these subjects is of great value."

A student in the French Class says: "When I entered the Classes in November I knew absolutely no French. At the close of the term I was able to follow a conversation and keep one end of it going tolerably well. From a business standpoint by no means a small thing to me. I hope it is the Association's intention to have a French Class the coming season."

It is.

### The Evening Class System

One of the students in last year's classes, who has been in other countries and observant, writes: "As a stranger who has been over many civilized countries, I may say with perfect confidence that you have one of the best educational class systems I know of." Another writes: "Your methods of instruction, while not at all consisting of inadequate short cuts, are yet such as will most readily fulfil the demands of every-day life. There is no better way for a young man to supplement his education than by joining the Educational Classes of the Association."

We could give many more letters received from students, but have given enough to show:

That our system is all right;

The benefit gained is worth while ;  
 Now it is with you to act.

Utilize your spare hours this coming fall and winter,  
 and you will receive benefit which will be worth money  
 to you.

Benjamin Franklin never made a wiser statement  
 than this : "Dost thou love life? Then do not squander  
 time, for that is the stuff life is made of."

Carefully study the list of subjects below, and wait  
 long enough after each to ask yourself, "would *that*  
 subject benefit me?"

## Evening Class Time Table

SUBJECT TO CHANGE			
Class.	Evening.	Hour.	Tuition.
Arithmetic, Beginners	Tues., Thurs.	- 7.45-8.45	\$2.00
Arithmetic, Elementary - - -	Tues., Thurs.	- 7.45-8.45	2.00
Arithmetic, Advanced	Tues., Thurs.	- 8.45-9.45	2.00
English, Elementary	Mon., Wed.	- 7.45-8.45	2.00
English, Advanced -	Monday	- 8.45-9.45	} 2.00
English Literature -	Wednesday	- 8.45-9.45	
Bookkeeping, Elementary - -	Mon., Wed.	- 7.45-8.45	3.00
Bookkeeping, Advanced - - -	Mon., Wed.	- 8.45-9.45	3.00
Shorthand, Elementary - - -	Tues., Thurs.	- 7.45-8.45	3.00
Shorthand, Advanced	Tues., Thurs.	- 8.45-9.45	3.00
Typewriting - - -	Tues. Thurs.	- 7.45-9.45	2.00
Penmanship - - -	Friday -	- 7.45-9.45	2.00
French, Elementary	Mon., Wed.	- 7.45-8.45	3.00
French, Advanced -	Mon., Wed.	- 8.45-9.45	3.00
German - - -	Tues., Fri.	- 7.45-8.45	4.00
Commercial Law -	Friday -	- 7.45-8.45	2.50
Mechanical Drawing	Mon., Wed.	- 7.45-9.45	2.50
Architectural Drawing - - -	Mon., Wed.	- 7.45-9.45	2.50
Algebra and Geometry	Tuesday -	- 7.45-9.45	2.50
Physics - - -	Thursday	- 7.45-9.45	2.50
Elementary Chemistry - - -	Monday -	- 7.45-9.45	2.50
Applied Electricity -	Tues., Fri.	- 7.45-8.45	2.50
Literary and Debating Society - - -	Monday -	- 7.30	2.00
Chautauqua Circle -	Tuesday -	- 8.15	5.00
Municipal Government - - -	Tuesday -	- 8.15	Free

All are open to members of the Association holding  
 \$2.00, \$5.00 or \$10.00 tickets on payment of tuition fees  
 as indicated.

Entries may be made now.

Classes begin Oct. 1st.

All classes are conditional on requisite number of entries.

Fuller particulars on application to the Educational Director.

## The Reading Room

There are over 150 of the leading papers and magazines on the files in the Reading Room. The Committee in charge of this work give much time to making the selection. The leading journals of the different trades will be found there. Some think the Reading Room alone is worth much more than is charged for the whole privileges. It is the most popular room in the building. Every chair occupied is not an infrequent sight.

## The Library

Washington Irving said: "When all that is worldly turns to dross around us, books only retain their steady value." The Association Library is not as large as we would like to see it—you can guess the reason; but what it lacks in quantity is made up in quality. The very fact that the yearly appropriation for books is not very large, forces the committee to select only the very cream of the books, and the popularity of the library is evidence of their success in selection.

The books are loaned to the members.

If you are any way bookish, you will naturally gravitate to the library.

## Literary and Debating Society

Can you think on your feet? Perhaps you imagine you can. Have you ever tried?

It is not as easy as you may imagine. Your line of thought may be all right, but at the very moment you purpose doing big things your thoughts agree to go somewhere, and there you are, all blushes and stammers. You can avoid this humiliating ordeal by taking part in the debates of the Literary and Debating Society. This Society has been very successful, and the programme mapped out for the coming season is exceptionally good.

In addition to debates, the Society will, during the season, resolve itself into a Mock City Council.

## Sociability

Every part of the Association building is conducive to sociability.

In the Reception Hall, at the entrance to the home-like building, is a cheerful fireplace, which silently



accords a hearty welcome to all who enter. Around it, every night, may be seen groups of young men, talking of past days, or planning for days to come. Many memories of bygone pleasures have been brought from their hiding places here.

One of the most pleasant things about the Association is that its social life is not mechanical. The members are not social with one another because they are supposed to be, but rather because they can't help it. The continual contact of man with man on the gymnasium floor, in the parlors, reading room, educational classes, or wherever they congregate, engenders sociability.

As there are days in our calendar which we look forward to and welcome, so in the Association's Calendar there are days when all things else are laid aside, and Sociability is King.

New Year's Day is one of those days.

On this day the Association puts on its best "biv and tucker."

The friends of the Association are the guests of the members, and all are in the spirit of the season.

Months ahead the programme for this gala day is arranged, and the dawning of the New Year finds every detail complete for a genuine good social time.

We have not referred to this in vain, if you promise to be present next New Year's Day. Consider this your invitation.

Among the everyday social events are Ping Pong, Chess, Checkers, Crokinole and other games.

There are representatives of the Reception Committee on duty each evening. When you see a young man wearing a red badge, be quite at ease in asking him to pilot you wherever you want to go in the building. He is there for that purpose.

A feature that is very interesting is the Strangers' Tea. The names of strangers are gathered up through the week, and they meet for tea on Sunday evening in one of the rooms in the building. It is not uncommon to find men from all corners of the world at this tea.

If perchance you read this, and you are a stranger, you have one of the bright hours of the year awaiting you. Give your name to any member.

## For Right Living

Some one has said that "the individual or nation is hastening towards poverty that does not love the right and hate the wrong."

Think this over a moment and you will say it is true. If you are a student of history you know how the nations who hated not wrong-doing have decayed.

It is also true of men—likely you know of men who do not love right living and you are already beginning to see their downfall.

The Association strives in a quiet way to teach men to live right.

They do this in the elevating moral tone they give to everything they undertake.

Perhaps this is nearly as effective as the directly religious agencies they employ.

The word "religious" is such a misunderstood term to-day that we feel we may not be rightly interpreted when we use it here. Let it be clear that we do not mean goody-goodyism, but a manly, straightforward and *active* belief in right living.

As an aid in this direction the Association conducts a number of Meetings and Bible Classes. Below you will see a list of these.

Many join the Association for these things alone. Yet some join for other features.

The matter is wholly optional with the members, although the Association management would like, for the good of the men themselves, that all should, as far as possible, give them some aid in this work.

### Meetings and Bible Classes

#### Meetings

Young Men's Meeting	-	Saturday	-	8 p. m.
Men's Meeting	-	Sunday	-	4 p. m.

The Men's Meeting Committee are arranging for an important series of meetings. Watch for further announcements.

#### Bible Classes

Sunday School Lesson

Study	S	aturday morning	9.45 to 10.30
Evangelistic Bible Class		Sunday	3 p.m.
Gymnasium Men's Bible Study Club		"	5.15 to 6

The Club have Tea together at 6. This Club was one of the big successes of last season.

The Sunday afternoon Class has been held for over a quarter of a century. It is worth while to enquire about it. Mr. D. A. Budge is the teacher.

#### Bible Studies for the Training of Men

As in former years, these classes will be taught by D. A. Budge and C. K. Calloun. H. Ballantyne, in charge of the Educational work, will also lead a class.

The Rev. J. L. Gilmour, pastor Olivet Church, has also consented to take a class, and it is expected that the Rev. Dyson Hague, of St. George's Church, will lead a group of young men in Bible study.

Reserve Tuesday evenings for these studies.

The courses of study and teachers will be announced by special folder in September.

This will be sure to attract a large number of men who are seeking development on this most important line.

This is your opportunity.

### Make a Note of These

Mr. Fred. B. Smith, of New York, will visit the Montreal Association in the interests of special Religious work for men, October 31st to November 3rd. Don't miss a meeting.

Week of Prayer—World-wide—November 9th to 15th.

The members believe that what is good for them in Montreal is good for the young men in foreign lands. At present the Association is committed to the work for young men in India.

Try and give as much as ever you can to this missionary work. You know it is worthy.

The members of the Association are always pleased to do whatever they can to give sympathy and help to young men who are sick. Notify any of the Secretaries, they will arrange visitation.

Also, if you are in the "dumps," and a bit of counsel would help you out you may be helped if you speak of it.

If you are addicted to strong drink and feel that a pledge might aid in strengthening your resolve to stop it, sign at the office.

In all the Association's activities "Lend a Hand" and you will be as much, if not more, benefited than they will.

### Employment Bureau

While it does not promise too much, the Association has been the means of getting many situations for young men, and its facilities for so doing are getting better all the time, as it is becoming better known by business men in need of men. Open from 9 a.m. to 11 a.m. each day.

### Boarding House Register

It is quite a problem for a stranger to secure a good boarding house in a large city, and as the boarding house is to be his temporary home it is quite important that it should be the best available.

The Association keeps a register of boarding houses. If you have any need to consult it, do so.

### Furnished Bed Rooms

You see the Association has a good many things for wide-awake men under its roof, yet wide-awake men can sleep there too.

Many do. Cost is not great, and very convenient for baths, etc. In fact its popularity is responsible for a large waiting list.

## Correspondence Table

Write your mother, sweetheart or anybody at the correspondence table—paper furnished. Ask for it.

## How the Association is Governed

Many of the most prominent business men of Montreal are on the Board of Directors of the Association. They are the centre of control. Under their direction are several secretaries and scores of volunteer committeemen. The organization of this great association of men is so complete that every department of its work goes along, year in and year out, like clockwork.

## How the Association is Supported

Partly by members' fees, partly by rentals and partly by subscriptions from citizens who believe it is a good thing for the city.

Your anxiety for helping the Association need not trouble you if you will only let Mr. L. H. Puckard, the Treasurer, 162 McGill Street, know of it. Few things please him better than acknowledging subscriptions to this work.

He is apparently as pleased with a small subscription as a large one. Try him.

## Who Can Join the Association

If you are sixteen, and have any person who can say a good word for you, you can join by paying the fee.

That's not hard. Is it?

## The Boys

Fun is about the only thing the normal boy thinks about. The Secretary in charge of the boys knows them, and he arranges to give them all the fun they desire. He gives other good things that help the boy, too. It makes no difference whether we eat an egg as an omelet or out of the shell—as long as we get the egg. You see the point? Once a week a meeting to aid the boys to right living is conducted, and the "Good Old Book" as the true guide is studied. A series of group Bible Classes, with competent leaders, are carried out.

Educational Classes in French, Arithmetic, Shorthand and Penmanship are also arranged for.

The boys have their own Reading Room and Library—the latter has good books for boys, and with summer camp, gymnasium, baths, illustrated talks, snowshoe tramps, paper chases and other things—it's no wonder

the Junior Department Rooms are far too small; but the new extension is going to give them more room. For particulars regarding gymnasium classes, see the gymnasium time table on page 4.

Likely as not the Junior Department will get out a separate booklet of their own.

They are an independent lot.

## It is Your Turn Now

We have been talking up to this. Now it's your turn—to act.

## What it Costs

\$2.00—Limited Membership. Entitles holder to use of Library, Wheel Room, Social Rooms, Reading Rooms, Receptions, Entertainments, Educational Classes & lectures, on payment of class fees, as stated on page 4.

\$5.00—Regular Membership, entitles holder to privileges indicated above, and to Gymnasium and Baths.

\$10.00—Sustaining Membership, which includes all above privileges, also Locker, and Club fees, but does not include Educational Class fees.

\$100.00—Pays for Life Membership.

### Rates for Juniors

\$1.00—Limited Ticket, includes use of Junior Rooms, Entertainments and Lectures.

\$4.00—School Boy's Ticket, use of Gymnasium and Baths, as stated on page 4.

\$5.00—Business Boy's Ticket, use of Gymnasium and Baths, as stated on page 4.

For further information call, write or telephone (Up 985) to The Young Men's Christian Association, Dominion Square, Montreal.

Visitors always welcome.

## The Annex

It's coming.

The vacant lot next to the Association building is waiting for a building to give the Association more room for Educational, Boys', and Physical Work; and the building is waiting for the money.

That is the whole story.

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