

A Motive Established.

An old Scotch lady, who had no relish for modern church music, was expressing her dislike to the singing of an anthem in her own church one day when a neighbor said: "Why, that is a very old anthem! David sang that anthem to Saul." To this the old lady replied: "Weel, weel! I noo for the first time understand why Saul threw his javelin at David when the lad sang for him."



Richmond, Va., May 10th, 1900.

E. M. PETERSON, Esq.,
District Manager SUN LIFE OF CANADA,
Newport News, Va.

Dear Sir,—I beg to thank you for cheque of the Sun Life Assurance Company of Canada, which you to-day have handed me in settlement of policy No. 74240.

Notwithstanding the fact that a mistake was made in my late husband's age the Company has settled the claim promptly.

I wish the Company every success, and would heartily recommend it to those intending to assure.

Yours respectfully,

EMMALINE ROOKS.

**The Art of Breathing.**

Breathing is an art. We ought to take in fourteen pints of air per minute. At the usual rate of breathing we do so. But if we get into a rarefied atmosphere we take in, at the usual rate of breathing, less than the fourteen pints. Sedentary people can get all the advantages to health of a long walk or other exercise by simply increasing the rate of breathing during one or two hours a day, thus adding to the amount of oxygen that enters the lungs.—Exchange.



"Live a natural, temperate life, get all the outdoor exercise you can, and don't smoke," is the advice of Dr. W. G. Grace, the famous Cricketer, to those in search of health.



The Sun Life Assurance Co'y of Canada.

HEAD OFFICE: MONTREAL.

♦ ♦ ♦

Directors:

R. MACAULAY, Esq.,

President and Managing-Director.

HON. A. W. OGILVIE, Vice-President.

S. H. EWING, Esq.

JAMES TASKER, Esq.

J. P. CLEGHORN, Esq.

MURDOCH MCKENZIE, Esq.

ALEX. MACPHERSON, Esq.

T. B. MACAULAY, Esq., M.A.

J. R. DOUGALL, Esq., M.A.

Chief Medical Officer:

GEO. WILKINS, M.D., M.R.C.S. ENG.

Secretary and Actuary:

T. B. MACAULAY, F.I.A.

Assistant Actuary:

ARTHUR B. WOOD.

AGENCY DEPARTMENT.

Superintendent of Agencies:

JAMES C. TORY.