

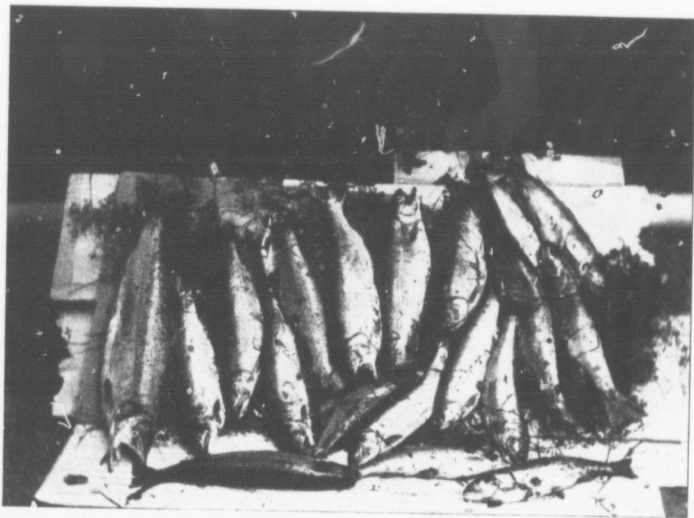
VIEWS OF MONTREAL AND ELSEWHERE.

SUNSHINE

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A CATCH OF SALMON TROUT, FROM POTTE'S LAKE, NEAR NORTH SYDNEY, CAPE BRETON.

How to Prolong Life.

The following rules for warding off death have been compiled with great care for the Modern Miller by experts, and meet with the endorsement of the most competent medical authorities in the world :

Never step into an elevator hatchway when the car is not there.

Do not permit yourself to be run over by a street-car or railroad train.

Under no circumstances allow a brick to drop from the top of a building upon your head.

Be careful not to be in a place when a bolt of lightning strikes it.

Never fall from the top of a high building.

Do not take hold of a live electric light wire. Both you and the wire cannot remain alive.



Make the best of your time while you have it.—Marcus Aurelius.



The Sun Life of Canada is
"Prosperous and Progressive."