

ance is happily passing into the storehouse of unpractical theories, and women themselves are giving more attention to life assurance in their own interests.

The Sun Life of Canada has many policies on the lives of women, and the number is yearly increasing. This is but right. Why should not women seek this form of protection and investment as well as men? This question is daily becoming more practical, so much so that many of the larger agencies have a well-organized woman's department, and the beginning has only been made in this phase of life assurance work.

Women should be the most enthusiastic advocates of life assurance, inasmuch as it affects them more than others. The practical and primary object of life assurance is to equip the widow for the battle of life at the time she is left alone.

#### Just Among Ourselves.

Mr. John A. Tory, manager for Michigan, has our congratulations for again leading the agencies in business written during 1903.

One hundred and twenty-eight different agents appeared on the "Special Mention List" of the agency department the past year, some making nearly a complete score. Canada had 60 men representing 173 times, United States had 43 men representing 91 times, and other countries had 24 men representing 62 times.

#### Health Notes.

If you wish to live long and be healthy and happy, fill your lungs, day and night, with pure, fresh air, and let your system absorb all the sunshine you can

possibly secure for it. Of these two you need an abundance, just as much as does the growing plant. Leave your windows open at night, a little both at the top and bottom, so that, even while you are unconscious you may breathe new, life-giving oxygen.

Take daily out-door exercise, in winter as well as in summer. By shutting yourself up indoors, closing your windows to keep out the pure air, as if it were some noxious thing, and piling on as much extra clothing as you can carry, you invite illness instead of heading it off, as you fondly imagine you are doing.

Of all the causes of illness, outside of contagious diseases, hygienists and physicians agree in giving the first place to improper dieting. The majority of us eat too much, and we do not select the food suited to our peculiar needs. Instead of taking other people's advice as to what, and how much you should eat, each one should try to determine for himself what kind of food his system demands.

Seneca said, "Man does not die; he kills himself." Health is as natural to the human being as it is to the lamb that skips by its mother's side, or the young calf that kicks its heels in the air, exhilarated with the joy of mere living. Health is normal, disease is abnormal; and the time will come when the diseased man or woman will be regarded simply as a person too ignorant to know how to keep well.—Scotsman.

1903 was the banner year in the history of the Sun Life of Canada. See the record on the back page.