

## SUNSHINE

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A. M. MACKAY, *Editor.*

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SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
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Life Out of Doors.

The illustrations this month are suggestive of life out of doors. It is quite in order for SUNSHINE to be an advocate of life in the pure air and bright sunshine. In our more northern climes there is a danger of acquiring a habit of indoor life, especially during the winter months. With the younger folks this may not be true to the same degree as with older people, but it is more or less true with all. Now that the spring with its warm breezes is again with us, let us fling wide open our doors and leave our dwellings as often as we can and live near to nature. It is well we should, for a time at least, relax our grip, somewhat on business and turn our thoughts in other directions nearer to nature's heart.

"The world is too much with us; late and soon,  
Getting and spending, we lay waste our powers;  
Little we see in nature that is ours."

If our policyholders would make friends with "out of doors," they would live longer to enjoy the fruits of their policy earnings and have still greater enjoyment in life. Live in the sunshine!

That Enemy—Neglect.

Recently there has come to our notice an unusually large number of cases where men have suddenly died and left their families in destitute circumstances. In one particular instance the widow was not apprised of her destitution until the