

The Sun Life of Canada took the stand it did because it believes, in the interests of right, it could do nothing else. It is a pleasure to know that the people are with us in this matter.

At What Age is Man Strongest?

The muscles, in common with all the organs of the body, have their stages of development and decline, says the Strand Magazine. Our physical strength increases up to a certain age and then decreases. Tests of the strength of several thousands of people have been made by means of a dynamometer (strength measurer), and the following are given as the average figures for the white race:

The "lifting power" of a youth of seventeen years is 280 pounds. In his twentieth year this increases to 320 pounds, and in the thirtieth and thirty-first years it reaches its height, 356 pounds. At the end of the thirty-first year the strength begins to decline, very slowly at first.

By the fortieth year it has decreased eight pounds, and this diminution continues at a slightly increasing rate until the fiftieth year is reached, when the figure is 330 pounds.

After this period the strength fails more and more rapidly, until the weakness of old age is reached. It is not possible to give accurate statistics of the decline of strength after the fiftieth year, as it varies to a large extent in different individuals.

Two centuries ago thirty merchants whose ships were at sea met in Lloyds' Coffee House in London and solemnly covenanted that he whose vessel might be wrecked should suffer no loss.

Several thousand men have banded themselves together in the Sun Life of Canada and have likewise pledged to bear one another's burdens.

Life assurance, apart from its many attractive features, is a duty that every man owes those whom he is bound to protect.

Defunct Canadian Assessment Assurance Societies.

Medical Men's Mutual.
Telegraphers' Mutual of Ontario.
Equity Life Reserve Fund.
Tontine Mutual Benefit Association.
Toronto Life and Accident Association.
Reserve Fund Accident Association.
Provincial Life and Live Stock Association.
Dominion Mutual Benefit.
Canadian Educational Endowment.
Canadian Order of the Knights of the Maccabees.
Lion Life and Provident.
Canadian Relief Society.
Canadian Mutual Aid.
Good Templars Benefit Association.
Septennial Benevolent Society.
London Mutual Benevolent Association.
Provident Association of America.
Equitable Provident Society.
British North America Benevolent Association.
Dominion Masonic Benevolent Association.
London Masonic Mutual Benevolent Association.
Mutual Marriage Aid.
Canadian Legion of Honor.
Ottawa Valley Provident and Life Association.
Kingston Masonic Mutual Benefit Association.
Canadian Royal Benefit Society.
Industrial Union of British North America.
Dominion Provident Endowment.
Provincial Provident Institution.
Provincial Mutual Association of Canada.
New Brunswick Aid Life Association.
Mutual Relief Society of N.S.
Select Knights of Canada.
Colonial Mutual Life Association.

The above at first glance looks like poetry—but there's more truth than poetry in it. The moral is: Keep clear of assessment Assurance (?) societies, for evidently death is on their track.

The letters of thanks which appear in *Sunshine* from time to time, speak loudly to those who carry no assurance.

If the neglectful ones would read these letters and just think a little, the Sun Life of Canada would have many thousands more added to its assurance in force before the close of the year.