

lighted by electricity, there are well-managed street car lines and beautiful drives and parks. It is the commercial and social headquarters for the Republic, and contains many handsome buildings and private residences, including the Presidential and Government Palaces, the Law Courts, the palace of the Jefatura Política and the Municipality, the Cathedral and Arch-episcopal Palace, all facing the Plaza de Armas; Columbus Theatre, Post-office, School of Law and Medicine, General Hospital, the churches of San Francisco, Santo Domingo, La Recolectacion, La Merced and El Carmen, Temple of Minerve, National Museum, Citadel, Military Hospital, Asylum for Invalids, Markets, etc.

A popular promenade and residential avenue is called the Avenue Minerve, which extends to the temple of that name, at the Hippodrome. Another avenue, "La Reforma," is spectacular, being lined with bronze and marble statues, and flanked by many notable public buildings. This avenue leads one to the National Museum. Opera at the Columbus Theater is a great social event.

There are good public baths in the city and band music in the parks in the evening.

The country's products are to be had at small cost in the many shops and markets; and oftentimes European goods are to be purchased for less than they can be bought in the United States.

San José is the Pacific terminal point of the Guatemala Central Railway, which also has a line to Mazatenango and Ocos.

An altitude of 4,850 feet gives a temperate zone climate; and from this down to the sea level in a journey of a few hours, yields to one taking the railroad trip of seventy-five miles to the Pacific, a variety of environment almost bewildering in its rapid changes as the train winds its way down the western slope.

Antigua, the ancient capital of Guatemala, was founded in 1525. An earthquake nearly destroyed it in 1773 and occasioned the removal of the capitol to the new and present site. There are imposing ruins at Antigua to tell us of what has been. They still exist for the curious eyes of the traveller, and mark the city that was the most important in the Spanish America of that time. At present there are twenty thousand inhabitants who live there for the many reasons involved in the statement that Antigua has varied scenery, clear skies, pure water, fine climate, and a superior soil—what more?

Quezaltenango, a city second in importance only to Guatemala City, has a population of 25,000 people. Eight thousand feet above the sea level it stands upon a broad plain, and is not accessible by railway service. It is the business center of the western section of the Republic.

When Guatemala proclaimed her independence the foreign trade amounted to very little. To-day its export business is very extensive. Coffee is now the staple of the export trade. Guatemala has also many sugar plantations, able to compete with the wealthy planters of Cuba, Louisiana and Brazil, and has a fair production of cacao, cotton, indigo, caoutchouc, etc., etc. The public revenue of the Republic during 1909 was \$37,335,957.70, with a surplus of \$9,835,957.70.

Guatemala means "country covered with trees," and in these days of the disappearance of noble forests it is a satisfaction to read of the existence and continued growth and increase of arboreal resources such as these. May Guatemala always be "covered with trees," and literally, with the fruits of her increase.

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