

An Appropriate Motto.

With its funds increasing by leaps and bounds, and its surplus expanding in an equally satisfactory manner, the prosperity of the Sun Life of Canada advances rapidly from year to year; each one of the last three years constituting a record in the society's history. About a score of life assurance companies have their home in Canada, and of these the Sun Life of Canada showed the highest premium income for 1903, and wrote the largest amount of new business. The motto "Prosperous and Progressive" is, therefore, a very appropriate one for the Company, and describes its position and standing in a neatly-turned epigram. —The Insurance Record, London.



Exercise Your Memory.

Memory does not "fail" (except in loss of all the faculties); it simply gets weak and languid for want of use—just as the physical organs do. People often say, "My memory is failing," when it is really as good as ever, if they would give it a chance, says a writer in *Everywhere*.

A word, a date, a name, an incident, comes up, or rather fails to come up when you want it. There seems to be no possible way of remembering it. You make two or three efforts, give up, and say, "There's no use; it's gone from me."

Nonsense!—it hasn't. It is there just as much as it ever was, only there are a lot of things over it. Keep at work; bring your will to bear upon it; try and try and try; and after a while you can get it.

And better, you will find that the exercise required in remembering it will help you next time; and that a little toil and determination put together will accomplish wonders in the whole range of the faculties.

Look over your memory, see where you are most deficient, and exercise it in that respect. You can do it at any odd time; while you are walking, riding, resting after a day's work, or listening perforce to a dull speaker. Don't let a few failures discourage you; the long corridors of recollection, lined upon both sides with valuable material, will be opened for you because of your impotency, if you use it.



Secrets of Success.

What is the secret of success? asked the Sphinx.

Push, said the button.

Take pains, said the window.

Never be led, said the pencil.

Be up to date, said the calendar.

Always keep cool, said the ice.

Be on time, said the clock.

Do a driving business, said the hammer.

Aspire to greater things, said the nutmeg.

Make much of small things, said the microscope.

Never do anything offhand, said the glove.

Spend much time in reflection, said the mirror.

Get a good prill with the ring, said the doorbell.

Find a good thing and stick to it, said the glue.

Strive to make a good impression, said the seal.

Turn all things to your advantage, said the lathe.

Make the most of your good points, said the compass.—Pittsburg Dispatch



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