SUNSHINE

PUBLISHED BY THE

SUN LIFE ASSURANCE COMPANY OF CANADA, AT HEAD OFFICE, MONTREAL.

A. M. MACKAY, Editor.



SUN LIFE ASSURANCE COMPANY OF CANADA.

DIRECTORS:

R. MACAULAY, President.

S. H. EWING, Vice-President.

W. M. Birks.
Hon, Raoul Dandurand,
Geo, E. Drummond.
J. R. Dougall.
H. Warren K. Hale.
H. S. Holt.
Charles R. Hosmer.
Anner Kingman.
T. B. Macaulay.
John McKergow.

T. B. MACAULAY, F. I. A., F. A. S., MANAGING DIRECTOR AND SECRETARY. GEO. WILKINS, M.D., M.R.C.S. ENG., CHIEF MEDICAL OFFICER.

ARTHUR B. WOOD, F.I.A., F.A.S., ACTUARY.

> E. A. MACNUTT, TREASURER.

FREDERICK G. COPE,
ASSISTANT SECRETARY AND
SUPERINTENDENT OF AGENCIES.



The Blue Bird.

Canadian and American theatre-goers during the present season have been privileged to see a magnificent production of Maeterlinck's famous play—"The Bluebird."

77

g

a

ca

the

tag

fro

ma

Sur

she

nes

sur

inst

pro

life

gua

us o

capt

N

]

This beautiful work of the gifted Belgian philosopher and playwright is at once a drama and an allegory. The Bluebird is Happiness and the boy and girl in pursuit of the flitting songster represent humanity.

How to capture the Bluebird is humanity's problem.

Some thinkers have confused happiness with pleasure, but these are two entirely different things Pleasure is ephemeral; happiness is permanent. Pleasure has its origin in outward surroundings, while happiness has its spring within the human soul.

We have many philosophic recipes for happiness. Epicurus would have us "eat, drink and be merry," but this recommendation is one in which there is the old confusion of happiness with pleasure. Other philosophers have tried to teach that happiness is in no way dependent upon circumstance, but that it can be enjoyed if we can only attain by discipline a certain "state of mind."

The truth is that neither riches nor poverty is associated necessarily with happiness. True happiness can be enjoyed by both poor and rich, and, moreover, it often happens that the poor