

## Steady Living.

Let us banish the word "hurry" from our lives. Let us care for nothing so much that we would pay honor and self-respect as the price of hurrying. Let us cultivate calmness, restfulness, poise, sweetness—doing our best, hearing all things as bravely as we can; living our life undisturbed by the prosperity of the wicked or the malice of the envious. Let us not be impatient, chafing at delay, fretting over failure, worrying over results, and weakening under opposition. Let us even turn our face toward the future with confidence and trust, with the calmness of a life in harmony with itself, true to its ideals, and slowly and constantly progressing toward their realization.—William George Jordan.

## His Heart.

"I bear no costly gifts," he said,  
 "I bring no wealth to thee,  
 As others might, but still I pray  
 That you will smile on me."

"There is one gem," the maiden said,  
 "One gift that I demand  
 From him who comes to win my love  
 Ere he shall claim my hand."

"I do not ask for worldly wealth  
 From him that I would wed,  
 But he must have a heart that's good,"  
 The gentle maiden said.

He clasped her in a fond embrace;  
 "My heart's all right," said he;

"A life assurance firm has just  
 Assumed a risk on me."

S. E. Kiser, in Chicago Times-Herald.

## Just Among Ourselves.

Mr. E. C. Peed who recently joined the agency staff of the Sun Life of Canada as Manager for Maryland and the District of Columbia, has had a varied and successful experience in life assurance work, and is already making a name for himself as a writer in his new

position. We note that his name has appeared on the agency department's "Honor Roll" every month since he joined the staff, and no doubt Mr. Peed will endeavor not to miss any of the future months' "special mention."

Michigan agency led all the Company's agencies in business written for the first half of 1903. Mr. H. C. Rankin, of the same agency, was the largest individual writer for June.

Mr. W. H. Austin, of the British agency, and Mr. A. Trembly, of the Quebec agency, have had the honor of having their names appear on the "Special Mention List" of the Agency Department every month of the present year to June 30th.

## The Power of Punctuation.

The following lines, found in an old book, improbable as they may seem on first reading, lose all their improbability after inserting a colon after the words in italics, which shows the power of punctuation:

"I saw a *cloud* begirt with ivy round  
 I saw a sturdy *oak* creep on the ground  
 I saw an *ant* swallow up a whale  
 I saw the boiling *sea* brimful of ale  
 I saw a *phial glass* fifteen yards deep  
 I saw a *well* full of man's tears that weep  
 I saw man's *eyes* all in a flame of fire  
 I saw a *house* high as the moon or higher  
 I saw the radiant *sun* even at midnight  
 I saw a man who saw this wondrous sight,"

## A Bit of Comfort.

"Looks as though our day was done," said the dejected horse.

"Oh, I don't know," replied Optimistic Dobbin. "They'll need leather for certain parts of these automobiles, and they'll probably use our hides for that."—Philadelphia Press.