

has a three-fold nature; and he cannot do justice to his complete self—his body, mind and soul—if he starves any one of the three. A man does starve an important part of him if he gives himself up wholly to money-getting. If any one should reply—as some do—“I have followed the business tread-mill so long that I have lost the capacity for enjoyment; I have come to know nothing but business, the ‘shop’ haunts me; I want relief, but I don’t know how to get it. I take a run into the country and come back more tired than when I started. A trip to Europe would be a downright punishment to me. When I sit down to rest or do nothing the idleness wearies me,” he requires to be told wherein he makes the mistake. What is wanted for the tread-mill business man, or the weary house-wife, is not the refreshment that comes from idleness, but from simple diversity. A clever New York writer thus advises his readers upon this very point: “Almost every person possesses within himself the elements of rest, recuperation and pleasure. We know, for example, of the cashier of a prominent bank, who selected his home in the suburbs, and who, frequently overburdened by official exactions, has for years sought rest by sawing and splitting all his own wood. Horace Greeley used to seek escape from the wear and tear of journalism and politics by swinging the Chappaquian axe.”

That marvellous embodiment of talent and industry, Mr. Gladstone, has defined relaxation as simply “change of employment,” attesting his belief by passing from delicate and difficult Parliamentary debates to the preparation of his *Juventus Mundi*, or a translation of Iliad, or the felling of a lusty oak. Disraeli knew also the true secret of relaxation, for he alternated his public duties by *Lothair* and *Endymion*. It is related of the great tragedienne, Rachel, that, after returning at 2 or 3 o’clock in the morning from one of her performances, she sought rest by spending an hour or two changing the furniture of her room. A sister professional went mad within a year by going home, lying down and letting her mind run on the same track.

It would be folly for a man who had been on his feet all day tramping about his warehouse or in and out of it, to set out on a five-mile walk by way of recreation. It is equally absurd for a book-keeper or a telegraph operator to look for rest in literary composition. A read and a smoke for the one, a row or a ride for the other, would be much more sensible and effectual.

A man tired of riding will rest by walking, or “tired out” by almost any work, will rest himself much sooner by reading than by doing nothing. It is well to avoid inertia, and to rest by reversing the engine. One of the English Bishops long ago observed: “Enjoyment is the offspring of employment. I have known a man to come home from a funeral in high glee, just because he had the management of it.” We have no wish that our readers should look for rest or for cheer in any such melancholy employment. May they long be spared either attendance or management at funerals, their own or any one’s else. But the likeliest plan to postpone our own funerals or those of our friends is to obey as well as inculcate the

laws of health and the preservation of a sound mind in a healthy body.

THE TRADE OF TORONTO.

It is not easy to arrive at the extent of the trade of this city, in the absence of a complete system of statistics which would show the extent of manufactures and sales as well as the amount in value of imports. Probably the best attempt made of late years in this direction is the *Financial and Trade Review* of the city’s business by Mr. Thos. Galbraith, Jr. In this publication, the aggregate wholesale trade of Toronto during 1880 is estimated at \$31,250,000; produce, \$28,604,000; manufactures, \$10,000,000. Total trade of city in their hands, \$69,854,000.

In the second issue of the *Review*, the statement is made that, great as the growth of manufactures at this point, it does not equal in ratio the increase in the general mercantile trade in the city. External indications confirm the view that the wholesale business of Toronto is growing steadily; but it is not easy to procure figures to show this growth. A table is given by Mr. Galbraith showing the number of establishments in the city, the capital invested, and the value of the product for 1881.

From this table, imperfect though it may admittedly be, it appears that there are over 300 manufacturing establishments, with an aggregate capital of \$5,446,000, turning out annually products valued at \$15,735,000, where, in the previous year, the city’s manufactures were estimated at \$10,000,000 or \$12,000,000.

The following is a comparative statement of the imports at Toronto, and vessels for 1880 and 1881;

	1880.	1881
Merchandise and unenumerated articles, tons	14,673	21,091
Coal, tons	85,532	128,079
Wood, cords	1,124	349
Stone, toises	1,743½	2,684
Lime, plaster, &c., brls.	6,682	5,781
Fish, tallow, oil, brls.	1,042	1,413
Grain, bush	64,253	50,071
Lumber, feet	817,910	821,645
Fire brick, per M	20,600	51,175
Potatoes, &c., brls	295	1,143
Fruit, brls	3,693	3,372
Fruit, boxes	7,034	6,146
Fruit, baskets	90,475	53,993
Horses and carriages, each ..	263	243
Moulding sand, tons	409	525
Unwrought building sand, tons	2,244	1,423

The quantities of coal and other merchandise imported were thus much greater last year, and the quantities of stone, lime, building sand, etc., indicate the increase of buildings. Railway, express and telegraph statistics demonstrate clearly that this city is growing year by year as a commercial centre, and it may be inferred that the output of its factories and the turn-over of its warehouses are in proportion to these indices. Our exports are shown to be growing. The value of imports at the Custom House, inclusive of free goods, went up from \$11,218,000 in 1879 to \$17,565,890 in 1881, and in the same years the duties paid amounted to \$2,304,000 and \$3,577,000 respectively.

Our exports, too, are growing steadily. More than 1,000,000 bushels is shown to have been shipped to the States in 1881 in excess of 1880. Lumber shipments were some millions of feet larger in 1881, and the total exports from this port to the States

were valued at \$4,680,000 in 1881, as compared with \$3,062,000 in 1880. The principal items were:

	1881.	1880.
Barley	\$2,844,242	\$1,614,737
Lumber	707,582	561,403
Animals	240,188	158,490
Malt	196,094	200,764
Potatoes	112,081	6,000
Hay	46,891	5,554
Furs	21,808	14,484
Telegraph poles	23,944	6,101

INSURING LIVES.

“The relations of Life Insurance to the Public, and of the Public to Life Insurance,” is the title of a philosophical article contributed to the July number of the *International Review* by Col. Jacob L. Greene, whose ability to discuss the subject will be admitted. The article concerns itself mainly with the value of the individual life, viewed from the standpoint of its material product. It is contended, for example, that if a man dies before he has lived an average life-time, he has failed to yield his quota of physical or mental work to the community; his earning power during that remainder of average life-time which will not be lived, is lost; so much definite money-value, capital, is lost. And for this loss to the community, says the essayist, “there is but one remedy: the replacement of the lost life by another of equal productive capacity;” which, he continues, “is effected only by the processes of birth, nurture, education and training,” which the community can assist or retard by its standards and modes of social life.” A case is supposed of the loss of a life and the operation of the system of life insurance in lessening or recouping this loss:

“Take a man thirty-five years of age, in sound health, earning \$1,000 a year. If money is worth 4 per cent. interest, the present value of his earnings for his probable after lifetime, by the American table, is \$17,500. That is the cash value of his life to his family; that is the actual money equivalent lost by them if he dies; that is what they are in constant danger of losing; that is what he is imperatively bound to protect them against losing; that is the value of the substitute he must have always ready for that contingency. If he has that sum properly invested apart from all risks of business, and if the income from it be not needed in addition to his earnings for the current uses of the family, he may be said to have ready a substitute for the money value of his life.”

The question how the disastrous effect of this loss on his family is to be averted, in the absence of an investment adequate to be a substitute for the value lost, is thus answered by Col. Greene:

“There is but one possible way. The loss can be taken from the family on which it falls only by placing it on those who live. The only remedy for the family is distribution over the community; bearing each other’s burdens. Instead of the family losing its \$17,500, the survivors must lose each a small sum—his share of the \$17,500—and so the family is made financially whole. That, in substance, is all there is of life insurance. All the rest is mere method.

But we see what it is to that family. It is daily bread, a home, a training, an education, a position, a standing ground for the future, and a fair start in its struggle. It is all that the material product of the lost life could have been; the rest of the loss is beyond our help.”

Pushing the matter beyond the family, the writer then enquires what is the essential function of life insurance for the community, and in his reply he takes high moral ground. Life insurance means, to a community, the preservation in complete integrity of its unit—the family—keeping