

LONDON VIEWS.—(No. 3)

A Prosperous and Happy New Year.

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LONDON—WESTMINSTER ABBEY.
(See page 6.)

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SUNSHINE

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A. M. MACKAY, *Editor.*



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| | | January 1912 | | | | | | |
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| | | 28 | 29 | 30 | 31 | Cal Day. | Obs Day. | Obs Day. |
| | | | | | | 108 | 109 | 110 |

Conserving Health.

One of the encouraging signs of the times is the great importance that is being given to the matter of health conservation.

The old adage that "prevention is better than cure" is coming at last into its own. People are beginning to see that it is more economical to pay the doctor to keep them well than to pay him to get them well after they become sick.

This awakening in matters relating to health is not merely of local significance, but is becoming national and international.

A few days ago the new Minister of Agriculture of the Canadian government announced that they had under consideration the institution of a department of health in connection with the Federal government.

The provincial governments of Canada as well as the state governments of the United States, the Imperial government of Great Britain and the governments of other countries are all interesting themselves in this great matter.

These governments are beginning to see that it is a matter of economic value to save the individual to the state. Great sums of money are spent annually to induce immigration, and it seems a foolish thing to allow the resident people to die without using some means to save them.

Take the matter of tuberculosis—the white plague that is to-day slaying its thousands.

This is the most deadly of the infectious diseases.

It has been demonstrated that tuberculosis is one of the diseases that is preventable, and it has also been demonstrated that it is one of the diseases that is curable if taken in time. Fresh air, rest and good food, are the requisites for its cure; and if the individual cannot afford these things it is most surely the duty of the state to assist to bring him back to health again.

Much good is also being done by smaller organizations by disseminating truth as regards the things needful to be recognized for health.

It will be generally believed some of these days, that the double window is one of the things against good health. During the summer months people live much out of doors; the windows are wide open; they enjoy the summer evening on the lawn and during sleeping hours fresh air is circulating in the sleeping chambers in abundance; but the moment the blasts of winter come the doors are shut, the windows are closed, and to ensure that no fresh air can possibly get in, another window is screwed on tightly.

Fresh air is surely as necessary in winter as in summer!

To change anything that has to do with the settled habits of people is difficult; but if the people are shown the right way they will in time do the things that are right.

We are apt to be too self-satisfied with present conditions, and whether it has been our religious training or not, we are too apt to put the blame of our own physical sins upon Providence. The snuffing out of a life by a disease that could have been prevented does not justify us in saying "It's the Lord's will." We would speak truer words were we to say "It is our own carelessness."

Providence has arranged everything for the maintenance of good health. Fresh air is free and is one of the prime necessities of good health, but we can thwart the designs of Providence by closing out the fresh air and breathing poison, with resultant sickness.

We trust that every reader of SUNSHINE will give attention to these simple things in life, that cost nothing, and yet count for so much as regards good health.

Oxygenizing a City.

How Chicago was Educated to the Value of Fresh Air.

(Burton J. Hendrick in McClure's Magazine, abridged.)

The campaign waged by Dr. William A. Evans, of Chicago, to provide the people of that city with fresh air was described at considerable length in McClure's Magazine some time ago. The story shows what a militant apostle of fresh air can do to decrease the death rate in a crowded centre of population by making proper use of nature's great tonic. By forcing the ventilation of thousands of street cars, bakeries, restaurants, theatres, workshops, factories, department stores and other buildings, Dr. Evans reduced materially the amount of bad air that carried disease in every breath, and along these common-sense lines he worked out the oxygenizing of the city.

MONKEYS CURED OF CONSUMPTION.

It is very interesting to note that Dr. Evans experimented first with animals, and he made the remarkable discovery that tropical animals not only can be forced to adapt themselves to the chilly northern atmosphere, but he also learned that by keeping them outdoors all winter, the problem of fighting tuberculosis in the Zoo was solved. The superintendent of the Zoo had been trying the old method of supplying artificial heat for the animals, but the death rate remained extremely high, and the chief cause of it was tuberculosis. Then it was that Dr. Evans suggested the experiment of leaving five sickly monkeys outside to see if they would grow accustomed to the cold weather. They were to become perforce fresh air cranks.

Even the sanguine doctor could hardly have counted upon the splendid result of his experiment. It is described as follows: "With the gradual approach of winter the monkeys showed

as natural an inclination for the cold air as their healthy brothers did for the hot drafts of the monkey house. Presently there appeared upon their emaciated bodies a faint sprouting of hair, which grew thicker as the weather became more severe. Gradually the sluggish creatures started into life; instead of huddling in corners, they began to climb and jump about their cages. Before the winter was over all of them had thick, brown furry coats; their muscles had grown large and strong; they ate eagerly and manifested an increased desire for the favorite simian pastime—fighting. They became the most popular curiosities in the Zoo. Nothing in years had delighted visitors so much as what has now become an every day sight—one of these tropical animals, in zero whether, seated upon a snow-bank, contentedly eating a banana.

Since that time, the Zoo in Chicago has been conducted on the principle of animal hygiene, that it is better to make the animal adapt itself to the climate, than attempt to fit the climate to the taste of the animal. In other words, the Zoo at Chicago has been exposed to the open air. That was the first of Dr. Evans' successes to bring him to the attention of the civic authorities, and although it was undoubtedly interesting, his greatest efforts were yet to come after his appointment as Health Commissioner, to take charge of that very important department in the life of the city.

IN A LARGER SPHERE.

When Dr. Evans became Health Commissioner he had a task before him which might well have appalled even a greater enthusiast. Chicago was a veritable hot-bed for disease. The black smoke of tens of thousands of factories and of twenty-six railroad systems filled the city with a sooty cloud, which at times hung like a black fog over Lake Michigan; it rushed in swirling gusts through the deep, narrow streets, oozed into the shops, the office buildings and the houses, destroying merchandise worth millions, and filtering into the nostrils, the mouths, and the lungs of nearly two and a quarter millions of people. The greed of man had built up mile after mile of dun gray wooden rookeries—frequently two or three buildings on the same plot—in which were crowded half-starved people from the most diseased nations of Europe. When at home, these people lived indecently crowded, whole families in three, two or even in a single room; the long day they spent in the sweat-shop, the packing-house or the sunless and airless factory. The more pros-

perous classes likewise seemed to have entered a general conspiracy to shut out the wholesome air that was constantly knocking for admission.

So marked was the fear of fresh air in Chicago that it amounted to what the writer of the article describes as "aerophobia." The result of this was seen in the statistics drawn up by Dr. Evans, for though diseases arising from impure water and impure food were being successfully combated, those which came from bad air, such as pneumonia, tuberculosis, bronchitis and influenza, were steadily increasing.

AIR IN THE STREET CARS.

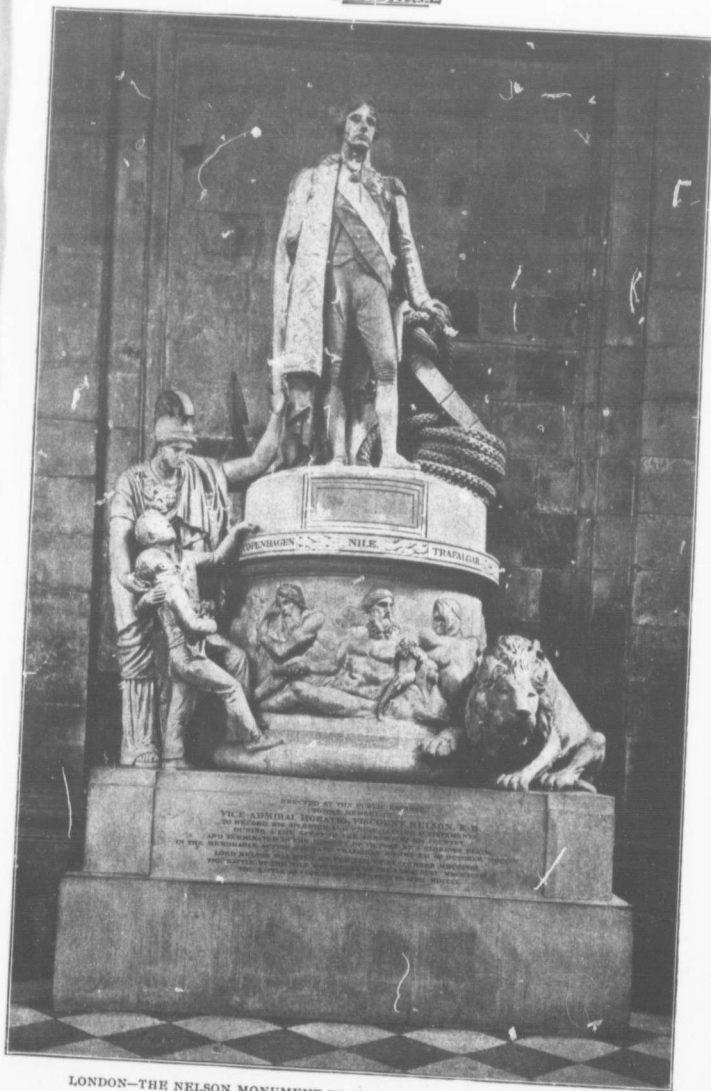
The street cars were the first things to receive attention. There is no place on earth where people are brought together in a manner more calculated to promote the exchange of germs. At the rush hours, the cars are crowded with actively breathing humanity, and everything is calculated to expedite the spread of disease on account of the general ignorance of the fundamental principles of ventilation. Dr. Evans approached the railroad companies and suggested changes. In all attempts to ventilate cars, he insisted upon the recognition of two fundamental principles: some apparatus must be contrived to force the used-up air out at the top of the car; and the fresh, cold air must be introduced at the bottom. If the hot air could be pumped out at the ceiling line, a vacuum would be created, and the fresh air introduced at the car floor would immediately rise, and there would be a steady upward stream of life-giving, non-bacterial atmosphere. Dr. Evans explained all this to the railroad companies, but they did not readily see the point. He then promptly brought suits; but he did not have to push them far, for as soon as they saw that the Health Commissioner meant business, the corporations agreed to ventilate the cars.

FRESH AIR IN THE SCHOOLS.

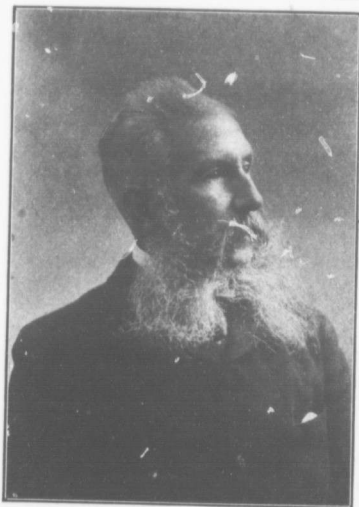
Another plentiful field for reform was found in the public schools. The close, hot, dry rooms proved very injurious to the health of the young people confined in them, so that it was necessary to bring about a number of changes.

All air fit for the sustenance of human beings contains a fair percentage of water vapor. If any of it is removed, then the air rushes around, attempting to extract it from other sources. Now, the Chicago schools took their humid air from outdoors and heated it until nearly all the water was squeezed out. The school-rooms were thus filled with air, the relative humidity of

(Concluded on page 14).



LONDON—THE NELSON MONUMENT IN ST. PAUL'S CATHEDRAL.—By Flaxman.



THE LATE MR. JAMES POWERS CLEGHORN.

Death of Mr. Cleghorn.

We profoundly regret to record the death of one of the oldest directors of the Sun Life Assurance Company of Canada, Mr. James Powers Cleghorn, at his residence in this city on the 14th December, after a long illness.

Mr. Cleghorn was connected with many enterprises in the city, but to none of them, we think we are safe in saying, did he give more personal attention than to his position as director of this Company. He was elected to the Board of Directors in 1890, and up to a short while ago, when he was incapacitated by illness, was always present at the meetings of the Board and did much by his experience and prudent judgment in advancing the best interests of the Company.

Having reached the good age of eighty-two years, Mr. Cleghorn in his time saw many changes in Canada and its institutions. In the business life of Montreal he was very prominent. He was a member of the Board of Trade for sixteen years, and was twice elected president. He was also president of the Intercolonial Mining Company; a director of the Merchants Manufacturing Company, and up until a few months ago was a director of the Molsons Bank,

when his failing health and advancing years necessitated his retirement.

In philanthropic work Mr. Cleghorn was much interested in the Montreal General Hospital, having been a life governor of that institution. A number of other institutions of a philanthropic nature will also miss his kindly word and helpful assistance.

We will miss him much at the Head Office of the Sun Life of Canada. To the sorrowing widow and family we offer our heartfelt sympathy in their bereavement.

The Board of Directors passed the following resolution :

"The Directors of the Sun Life Assurance Company of Canada desire to record their sorrow at the death of their respected colleague, the late Mr. James P. Cleghorn, the oldest and one of the earlier members of our board, whose unquestioned integrity, whose faithfulness in every relationship, and whose exemplary life won him the unalloyed respect of the community in which he spent a long and honourable life."

Westminster Abbey.

(See first page.)

Westminster Abbey—The national Valhalla—is one of the places that the visitor to London generally visits first. Its history is most interesting. According to tradition it was consecrated by St. Peter himself, who suddenly appeared and rewarded the ferryman who rowed him across the river, with a remarkable draught of fishes. The first church on the site was said to have been built between the years 605 and 610, by Sebert, King of the East Saxons. Edward the Confessor is usually regarded as the founder of the church. Every monarch since his time has been crowned in the Abbey, with the exception of Edward V., who died uncrowned. Edward the Confessor is buried within the Abbey, as are also the kings and queens down to George III. It has in later years become the last resting place of statesmen, poets, warriors and others to whom the nation wishes to show their respect.

The Abbey as it stands to-day is in the main the work of Henry III., who pulled down the Eastern portion of Edward the Confessor's church in order to enshrine more worthily the body of the Saint. The Western parts were built between the years 1340 and 1483. The North and West Cloisters were built in the reign of Edward III. Henry VII. added the



LONDON.—PICCADILLY CIRCUS.

The name Piccadilly is derived from the pickadils or ruffs worn in the early Stuart period. Piccadilly Circus is one of the busiest spots in London.

magnificent chapel at the Eastern end, between 1502 and 1512. During the period of the Civil war and the Commonwealth, the Abbey suffered much. It was restored under the direction of Sir Christopher Wren. The two Western towers were built by him. The Central tower, which he designed, was never built. The visitor to Westminster Abbey can appreciate the statement of Washington Irving when regarding the memory of the nation's great souls that lingers within its walls, he says: "It seems as if the awful nature of the place presses down upon the soul, and hushed the beholder into noiseless reverence. We feel that we are surrounded by the congregated bones of the great men of past times, who have filled the earth with their renown."

The Man of One Idea.

By Rev. Silas Hocking.

Among the people who are always being misunderstood is the man of one idea. I have great faith in the man of one idea. He is not valued as he deserves to be. It is the fanatics who do the real work of the world.

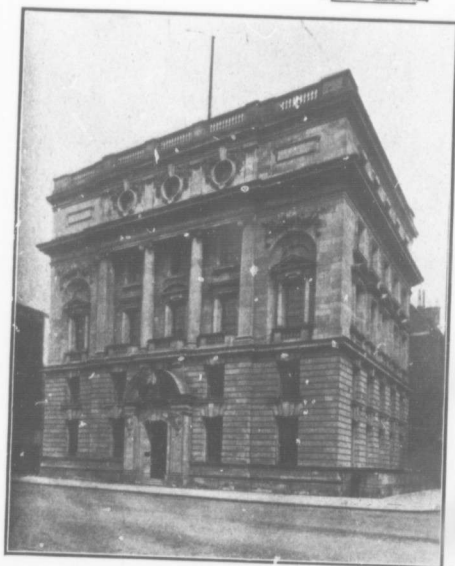
I think we have never properly realized yet how much we owe to the enthusiasts of the world. Surely it is better to carry out a single idea than to talk about a dozen and do nothing at all!

I remember once preaching a sermon—I suppose I made an awful mess of it—and afterwards the steward said to me, "Mr. Hocking, there was only one idea in your sermon." I said, "Well, I had regard to my congregation." He scratched his head and asked me what I meant. I replied, "I knew you were listening to me."

One of the great wants of the world is enthusiasm on some one particular subject. The majority of people seem to enthuse about nothing. It is really tragic to see so many young men dawdling about the streets thinking, apparently, of nothing but sport. It is time people gave up sneering at the one idea man.

We are grateful, socially and religiously, for General Booth. If we don't agree with all his methods, he is at least enthusiastic in the great work he carries on, and that is more than can be said of 99 people out of 100. We shall never forget the name of Benjamin Waugh, who devoted the whole of his life to the cause of the children. We know what Dr. Barnado, another great man of one idea, accomplished. We know what has been done by men like Edison, giving their lives to one branch of scientific research.

Don't sneer, I say, at the man of one idea. He does something.



LONDON.—OFFICE OF WOODS AND FORESTS, WHITEHALL.

One of our Directors Visits India.

Mr. H. Warren K. Hale, one of the Directors of this Company, who, with Mrs. Hale is touring the world, were the recipients of a flattering reception by the staff of this Company at Bombay, India.

It came to the knowledge of the staff at Bombay, that Mr. and Mrs. Hale would spend a few days in their city, and wishing to show their appreciation of Mr. Hale and the Company which he represents, an address was prepared, and on their arrival a meeting was arranged and the address enclosed in a handsome silver casket made of native design and workmanship, depicting in relief various incidents and scenes in Indian life, was presented to them. The address was signed by the workers of the Company in the India branch at Bombay, and it is appreciated all the more because it was absolutely a spontaneous act on the part of the staff, the resident Manager or the Secretary not even having made a suggestion regarding it.

This is but another evidence of the *esprit de corps* among the servants of this Company all over the world.

The presentation was made by Mr. McBain, assisted by Mr. S. R. Kobiyar, the head assistant in the Bombay office. Mr. Kobiyar is one of the few remaining who had the honour of welcoming the President and Mrs. Macaulay in 1898.

In the address mention is made that Mr. Hale's visit as a director was the first since 1898 "when we had the supreme pleasure and gratification of meeting our revered and honoured President, Mr. Robertson Macaulay, who we trust may long be spared to continue his life of activity and usefulness."

Mrs. Hale was gracefully referred to in the address; "But an additional pleasure is afforded by the presence at your side of Mrs. Hale, who, as the daughter of our esteemed Managing-Director, Mr. T. B. Macaulay, and the grand-daughter of our venerable President, has, so to speak, been brought up in the atmosphere of the Sun Life Assurance Company of Canada."

Mr. and Mrs. Hale, with Mr. Hale's father and mother who are in the party, were then garlanded in the usual Oriental fashion, and Mr. Hale addressed the staff expressing on behalf of himself and Mrs. Hale their warm thanks for the unexpected welcome and honour done to them.

The Management of the Company appreciates very much this kind action of our Bombay representatives to one of their Directors.



The Spirit of Life Assurance.

Mr. George W. Egan, candidate for governor in South Dakota, in The Life Insurance Educator Monthly, has an interesting article on the plans and purposes of life assurance. He says:

The principle of life assurance is founded in altruism and based on self-negation. The man who carries life assurance does it for love of others. This love for others is firm and intense. Hence, he gives a part of his earnings each day or month as a tribute to those he loves by giving to assurance companies certain sums of money called "premiums" with the agreement that when he dies the company shall take care of the object of his affection by paying a certain



LONDON.—LINCOLN'S INN.

This is one of the four great Inns of Court; the others being Gray's Inn, Holborn, and the Inner and Middle Temple. These four Corporations, governed by Benchers, alone have the power of "calling to the bar."

amount of money in cash. No selfish man ever carries life assurance because it is the paying out of money that he realizes will not add directly to his own personal comfort or happiness. To the selfish man there is no comfort or happiness in the thought that those who are dependent upon or dear to him may be cared for in the days of his inability.

Then, too, life assurance adds to a man's credit in the markets of the world, as well as bringing days of comfort to his heart and mind. Any man who has a reasonable amount of life assurance in force has a standing credit, which the man without it cannot possibly have. It shows a thoughtfulness and intelligence and a desire to meet one's obligations which make for good. In this thought the selfish man can find some excuse for any investment he may make in assurance policies.

Endowment policies, ten, fifteen and twenty years, offer an excellent system of savings and

place the accumulations where one may get prompt help through means of loans. These policies inspire economy and cultivate the habit of saving. The whole theory of life assurance is sane, sensible and civilizing. I may state that my personal faith in life assurance is best expressed in the fact that I carry \$99,000 assurance, and make many sacrifices to pay the premiums in order that I may fulfil what I realize to be my obligations to my family and to my friends.

No Quarter Granted.

This story, which is told of a Scottish Highlander who served in the French war, illustrates either the bloodthirstiness or the unique ideas of humour of the Scotchman: This Highlander had overtaken a fleeing Frenchman, and was about to strike him down when, falling on his knees, the Frenchman cried—"Quarter! Quarter!" "I'll no' hae time to quarter you," the Scot answered. "I'll just cut ye in twa."



LONDON.—TRAFALGAR SQUARE.

Nelson's Monument is a granite Corinthian pillar 145 feet high, surmounted by a statue of Nelson, 16 feet high. The base has bronze bas-reliefs made from metal of captured French cannon, representing scenes from the battles of the Nile, St. Vincent, Copenhagen and Trafalgar. There are four colossal lions, by Landseer, on the pedestal at the base. The church seen is St. Martin-in-the-Fields, erected in 1722-6, by Gibbs, on the site of an earlier structure. As Buckingham Palace is included in the parish, the births of all Royal children are entered in the church register.

Taking No Chances.

An old man who had led a sinful life was dying, and his wife sent for a near-by preacher to pray with him.

The preacher spent sometime praying and talking, and finally the old man said: "What do you want me to do, Parson?"

"Renounce the Devil, renounce the Devil," replied the preacher.

"Well, but, Parson," protested the dying man, "I ain't in position to make any enemies."



He Rather Liked It.

Two young ladies boarded a crowded street car and were obliged to stand. One of them, to steady herself, took hold of what she supposed was her friend's hand. They had stood thus for some time when, on looking down, she

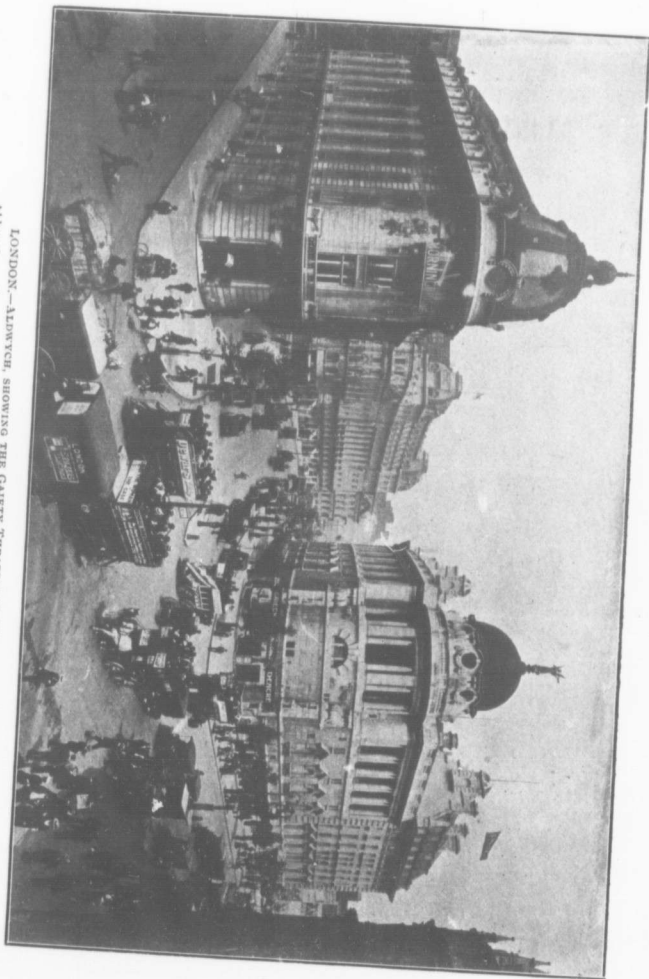
discovered that she was holding a man's hand. Greatly embarrassed she exclaimed: "Oh! I've got the wrong hand!"

Whereupon the man, with a smile, stretched forth his other hand, saying: "Here is the other one madam."—Washington Post.



Archbishop McGee used to relate a story that once, finding many society people travelling first and second class, and wishing to avoid them, he entered a third-class carriage. There was no one in it except a farmer, who said to the Bishop—"I suppose you'd be something in the clergy line?" to which he assented. The farmer then said, "Is your curacy in the neighbourhood?" The Bishop replied, "No, no; I am sorry to say I have no curacy. I was a curate once, but am no longer." To which the farmer rejoined, "I suppose it was the drink."

LONDON.—ALDOWYCH, SHOWING THE GAIETY THEATRE AT THE RIGHT.
Aldwych was in Saxon times the sight of a Danish settlement, to this it owes its name.

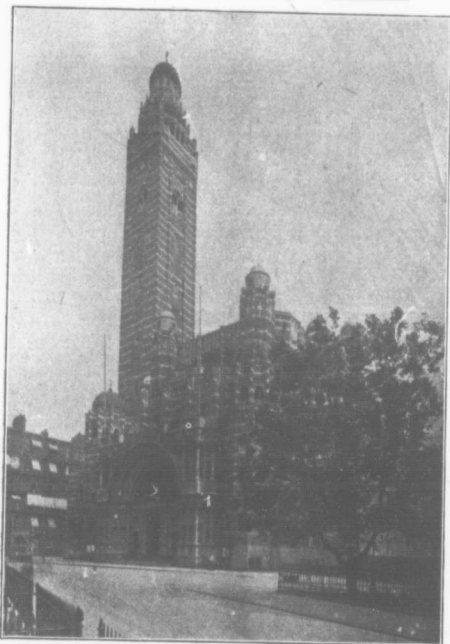


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LONDON.—THE ROMAN CATHOLIC CATHEDRAL.

The foundation stone of this massive structure was laid by Cardinal Vaughan, on the 26th June, 1895. It is in style Early Byzantine, and was designed by J. F. Bentley. Much still remains to be done in interior decoration although the building has already cost £250,000.

No less an authority than Mr. Norman Shaw says the Cathedral is "beyond all doubt the finest church that has been built for centuries." A prominent exterior feature is the great Campanile, 273 feet high.

From Rev. G. P. Woolcombe, M.A.,
Headmaster, Ashbury College.

OTTAWA, Ont., Dec. 1, 1911.

Messrs. JOHN R. & W. L. REID,
Managers Sun Life Assurance Co. of Canada,
Ottawa, Ont.

Gentlemen,—I beg to acknowledge your cheque for the reserve dividend profits provided for by my policy No. 33884, a twenty year payment one, and now all paid-up. I can strongly recommend this form of policy to any young man who contemplates assuring his life, and take this opportunity of expressing my entire satisfaction and confidence in the Sun Life of Canada, its business methods and the ability and courtesy of its representatives, I am,

Yours very truly,

GEO. P. WOOLCOMBE.

Prompt and More Than
Expected.

ST. THOMAS, Sept. 8, 1911.

W. R. COULTER, Esq.,

Agent Sun Life of Canada,

Re policy No. 14665.

Dear Sir,—I wish to thank the Sun Life Assurance Company for their prompt settlement of this policy. I received cheque on this day policy was due and I was well pleased with the profits paid by the Sun Life of Canada, receiving more than I expected.

Wishing your Company success,
I am, yours truly,

G. A. MARLATT, M.D.



Sorry Hasn't More.

SHERBROOKE, Que.,
1st Sept., 1911.

Mr. THOS. J. PARKES,
Sun Life Assurance Co. of Canada,
Sherbrooke, Que.

Re policy No. 33101.

Dear Mr. Parkes,—Thanks for settlement of the above policy. I wish I had taken five times as much when I took out this. After carrying my insurance for twenty years you offer me over \$200 more than I have paid in; or you will give me a paid-up policy for the total amount I have been assured for and return me 25 per cent. of the cash I have paid you in.

I am very well pleased with this result and consider this form of policy—20-payment life—one of the best that can be written, especially as I can select continued assurance, which under present circumstances would be difficult, or impossible, for me to obtain in any other way.

Yours truly,

A. N. WORTHINGTON.



Profits Reduce Premiums.

2 BANK ST., NEW YORK, Nov. 18, 1911.

J. A. CHADWICK, Esq.,

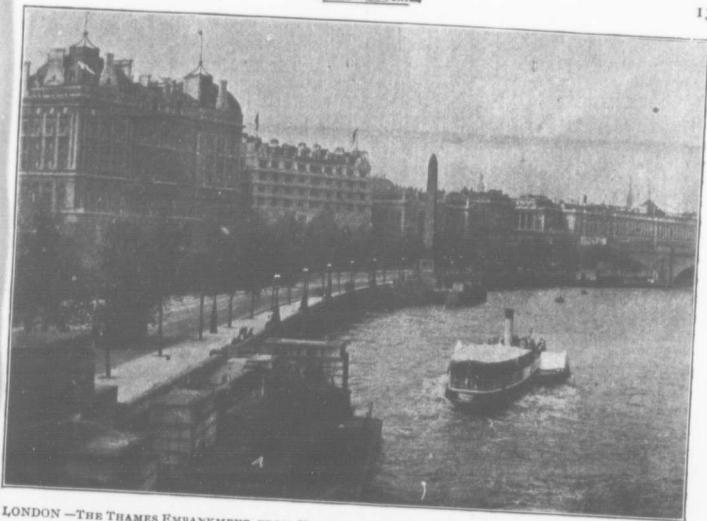
Sun Life Assurance Company of Canada,
Liverpool, England.

Policy No. 134853.

Sir,—I am in receipt of yours of the 4th inst. with dividend certificate, and now desire to congratulate you and the Company upon its immense success, and to state that I desire to accept the second option and thus make my half-yearly premium £18 1 9 instead of £21 15 3 as heretofore.

Yours faithfully,

J. F. LEE.



LONDON—THE THAMES EMBANKMENT, FROM HUNGERFORD BRIDGE, SHOWING CLEOPATRA'S NEEDLE, WHICH WAS BROUGHT TO ITS RESTING PLACE BY SIR ERAMUS WILSON, IN 1878, AT A COST OF £10,000. This Monolith originally stood before the great temple of Heliopolis. It is of red granite and is 68½ feet high, weighing 180 tons. Its companion is in Central Park, New York.

When You Go Away.

Graham Hood, in N. Y. Daily Globe.

If you, my dear fellow who reads this, go away for a week, is it not your first thought to leave sufficient money at home to meet the little expenses that are certain to arise, even within so brief a space of time as a few days? Would you think of taking even the shortest trip without leaving a few dollars that the wife might use in case of emergency? Yet any day—any hour—you may be called upon to take the longest journey of your life—the journey from which you will never return—that journey to the land from which you can send back no remittances! If your common sense tells you that the little woman at home may need some money when you make these short trips, what do you think will happen to her if you go out into the great unknown with no other provision for her than an oft-repeated intention to assure your life? Little good will your intentions do her when the landlord calls to inquire about his rent. * * * * * As a matter of fact, no woman has the right to let her husband neglect this important duty. If he does not seem to

realize his great responsibility it is her place to tell him about it, and to keep right on telling him day after day until he brings home the policy as evidence that her efforts have borne good fruit. An assurance policy on the husband's life is one of the rights of which no woman should allow herself to be deprived. She owes it to herself and to her children to see that this wall of protection is placed between them and immediate want, and this is especially true when the husband has no other estate to leave. So, ask him, Mrs. Wife—make sure to-day—is his life insured?

Alphabetically.

Teacher—"What were the names of the first human beings, Johnnie?" Johnnie—"Eve and Adam." Teacher—"You should say 'Adam and Eve.' I have told you several times that the Almighty created mankind in alphabetical order."

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

Oxygenizing a City—(From page 4).

which was only 18, whereas nature's own air contains about 72. In accordance with irrevocable natural law, the dry, thirsty air went scurrying around the rooms, frantically attempting to absorb enough moisture to restore its equilibrium. Where could it get it? What better place than human bodies. To quench its thirst was good for the air but bad for the children.

A very hot, dry atmosphere is especially bad for the nose, throat and bronchial passages. The secretions made by these passages act as powerful germ killers, and if they are dried up, the natural resistance of the body to contagious diseases is largely destroyed. That is the reason why a child, placed in a school-room which acts like a dry kiln, becomes unfitted for the body and the mind to perform their functions. In order to avoid this condition of affairs, the Chicago schools have been fitted out with jets of water or steam in the basements, through which the hot air passes and becomes "humidified."

OTHER FIELDS OF EFFORT.

The article tells of many other classes for whom Dr. Evans provided fresh air. He brought about reforms which made better conditions for several thousand workers in bakeries and restaurant kitchens, and regulated the ventilation of hotel kitchens which was forced in the courts.

THE ACCOMPLISHED RESULTS.

That this campaign has considerably affected the daily lives of the people, is evident in many ways. Chicago is rapidly becoming a great out-of-door city. It has organized associations with the sole aim of making Chicago a fresh-air town. It has created a special city department for the purpose of abating, so far as is possible, the smoke nuisance. There are far more open windows in the homes, many more people are sleeping out of doors, than when Dr. Evans began his fresh-air work. The freeing of the modern city from tuberculosis and other impure-air affections is a task that will demand many years of infinite patience, labour and courage; but Chicago has already made good progress.

When Dr. Evans started preaching, these diseases appeared on the debit side of his 'Sanitary Trial Balance'—that is, the death-rate from them was increasing. At the beginning of 1910, Dr. Evans struck another balance, and this time these diseases appeared on the credit side—that is, the death-rate from them was decreasing. The gain was a small one, about nine per cent; but

the fact that there was a decrease showed that the preliminary skirmish had been won. Manifestly a material reduction of the death-rate from tuberculosis must take time, but the figures show that Dr. Evans is already making headway. If, as the sanitarians dream, the ideal city of the future is one in which the contagious diseases will not exist, the prime characteristic of that future city, as Dr. Evans has demonstrated in Chicago, will be freely moving, clean, fresh-air.

REACHING THE HOMES.

One pressing need remained, and that was to reach the people in their homes. In Chicago, as in other large cities, deaths from the impure-air diseases, especially pneumonia, occur chiefly in the winter time. These diseases, however, are not necessarily winter diseases; under favorable conditions they will flourish in midsummer. The explanation is simply this: that in winter we shut our windows and seal ourselves up tightly in our homes and apartments.

In the summer time people keep their windows open, and so escape pneumonia and other bad-air infections; in the winter they shut them down with a bang, and die by thousands. In fighting the generally prevalent fear of cold winter air, Dr. Evans could hardly enlist the co-operation of the courts. There is no law requiring people to open their windows, to sleep out of doors, to let a gale blow through their living rooms several times a day. The only possible resource was an appeal to public opinion, an educational campaign that should tell them of their errors and make a strong appeal for amendment.

ADVERTISING THE CAMPAIGN.

Dr. Evans became a spell-binder for fresh air. With the aid of a staff of assistants, he gave lectures, addresses, and even sermons on Sundays, with this subject as the text. He pressed into service such useful agencies as the ten-cent vaudeilles and the nickel theatres, for he would go on the stage during the performances and discourse to the audiences on fresh air. Indeed it has become almost impossible for the people of Chicago, however much they may try, to escape Dr. Evans' advice. If they go to church, to their lodge, to the theatre, they are pretty likely to hear it. They cannot escape it even in the street cars. The fact that there is usually much advertising space unutilized in these public conveyances, furnishes Dr. Evans with one of his opportunities. He offered the advertising agencies choice reading matter for



LONDON.—PUBLIC OFFICE OF THE NEW GENERAL POST OFFICE.

such wasted spaces, agreeing to withdraw his legends whenever the space happened to be sold. In a short time, on every trolley and elevated car in Chicago, warning placards began to appear: 'Dirty air is death!' 'Fresh air prevents consumption and pneumonia!' 'Ventilate all the time—winter and summer, day and night.' 'Too much fresh air is just enough.'

The Health Commissioner found many other methods of carrying on the campaign. The newspapers preached fresh air in a dozen languages; the Board of Health issued a weekly Bulletin on the same subject; hints on the need of fresh air were posted in the shops, the factories and the departmental stores; and even the teachers in the public schools devoted certain hours every week to repeating Dr. Evans' lessons to the children. It is very probable that the work in the schools is the most far-reaching, for the influence extends into the homes, especially in the foreign districts. The health precepts are made into mottoes, and the children carry these to their parents in the form of small posters. Thus the knowledge of the value of fresh air is taken to thousands whom the lecturers could not possibly reach.

There's a Difference.

"Before we were married you used to write me three letters a day." "Did I really?" "And now you are annoyed because I ask you to write me a little bit of a cheque."



A Prize Winner.

An old lady, famous for her strain of turkeys, sold one just before Christmas to a neighbour named Brown. But it proved particularly tough at the Christmas dinner, and as Brown had paid a stiff price for the bird he hied to the vendor without much delay. "What do you mean by imposing such a turkey upon me, one of your oldest neighbors?" he inquired. "Why, was there anything wrong about it?" "Wrong! Madame, it wasn't good at all." "Well, it ought to have been, then," replied the dame, "for it won the first prize at the poultry show for eleven years in succession!"



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

Sun Life Assurance Company of Canada

The Results for 1910

Assurances Issued during 1910

| | |
|---|------------------------|
| Assurances issued and paid for in cash during 1910..... | \$23,512,377.81 |
| Increase over 1909..... | 2,003,104.65 |

Income

| | |
|--|---------------------|
| Cash Income from Premiums, Interest, Rents, etc. (exclusive of \$75,000 received for increased capital, and \$60,000 premium thereon)..... | 9,575,453.94 |
| Increase over 1909..... | 1,797,321.89 |

Assets

| | |
|---------------------------------------|----------------------|
| Assets as at 31st December, 1910..... | 38,164,790.37 |
| Increase over 1909..... | 5,359,793.60 |

Surplus

| | |
|--|-----------------------|
| Surplus distributed to policyholders entitled to participate in 1910..... | 377,792.34 |
| Applied to place Annuity Reserves on basis of British Offices Select Annuity Tables..... | 210,850.28 |
| Added to Surplus during 1910..... | 643,903.01 |
| Surplus earned in 1910..... | \$1,232,545.63 |

| | |
|--|-----------------------|
| Total Surplus 31st December, 1910, over all liabilities and capital according to the Company's Standard, viz., for assurances, the Hm. Table, with 3½ and 3 per cent. interest, and, for annuities, the B. O. Select Annuity Tables, with 3½ per cent. interest..... | \$3,952,437.54 |
| Surplus, Dominion Government Standard..... | 5,319,921.18 |

Payments to Policyholders

| | |
|---|----------------------|
| Death Claims, Matured Endowments, Profits, etc., during 1910..... | 3,023,462.56 |
| Payments to policyholders since organization..... | 26,266,630.01 |

Business in Force

| | |
|---|-----------------------|
| Life Assurances in force 31st December, 1910..... | 143,549,276.00 |
|---|-----------------------|

1911

| | |
|-----------------------------------|------------------------|
| Applications for Assurances - - - | \$32,403,406.39 |
| Increase over 1910 - - - - | 3,065,905.70 |

The figures for 1911 will appear next month.