

WASHINGTON, D. C.

SUNSHINE

IX

9

MONTREAL

SEPTEMBER,
1904



THE WASHINGTON MONUMENT, WASHINGTON, D. C.

Height, 555½ feet. Base of shaft, 55 feet square. Lower walls, 15 feet thick.
At the top the walls are 18 inches thick and 35 feet square.

Washington, District of Columbia.

The District of Columbia had a peculiar origin, and its constitution and history account for many of the peculiarities of the present capital city. The first Congress of the United States had the task of establishing a federal capital, under a plan for taking in some small tract of land and exercising exclusive jurisdiction over it. In 1790 a bill was passed, after many postponements and much hot discussion, accepting from the States of Maryland and Virginia a tract ten miles square on the Potomac, to be called the District of Columbia; but, in 1846, Virginia's portion—some thirty-six square miles south of the river—was ceded back to her. Three commissioners were appointed by the President (Washington) to purchase the land from its owners, and to provide suitable buildings for the Government. Major Pierre Charles L'Enfant, a French engineer, who had fought in the Revolution, was appointed to lay out the city, but proved so irconcilable to discipline that it became necessary to dismiss him, though his plan was essentially followed by Ellicott, his assistant, who succeeded him.

The avenues were named after the States, and in a certain order. By reason of its midway and influential position, that had already given it the excellent sobriquet "Keystone State," Pennsylvania was entitled to the name of the great central avenue. The avenues south of this received the names of the Southern States; the avenues which crossed Pennsylvania were named after the Middle States, Maryland, Delaware, New Jersey and New York; while the New England States were left to designate the avenues then regarded as remote possibilities among the swamps and hills of the northwest. The curious way in which the capital has developed along the lines of the last-named group is

typical of the growth and change in the balance of the whole country since L'Enfant's day.

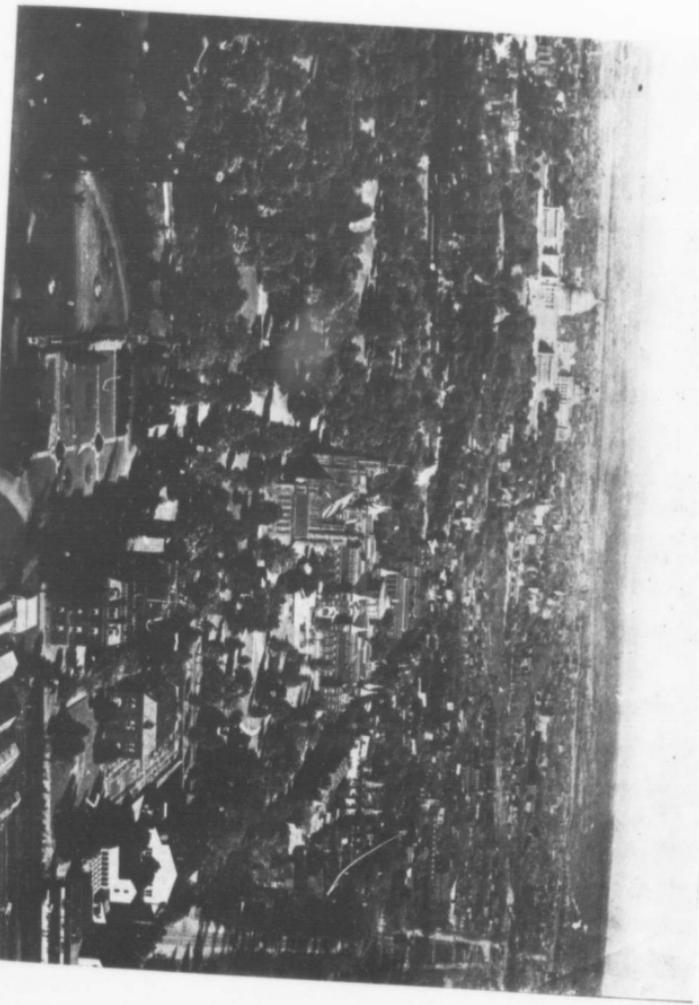
The rectilinear streets run exactly north and south and east and west. The streets running east and west are known by the letters of the alphabet, so we have North A and South A, North B and South B, and so on. At right angles to the alphabetical streets are the streets bearing numbers, and beginning their house enumeration at a line running due north and south through the Capitol. This divides the city into four quarters, Northwest, Northeast, Southeast and Southwest, each with its own set of numbers for the houses, arranged upon the decimal system—that is, one hundred numbers for each block. This is repeated in a direction away from each of the Capitol streets; all addresses, therefore, should bear the added designation of the quarter by its initials—N.W., N.E., S.E., or S.W.

In 1800 the seat of government was established in Washington city, which was first so called, it is said, by the commissioners in 1791. The general himself, who was its most active promoter, always spoke of it as the Federal City. The town was all in the woods and had only 3,000 inhabitants, most living in the northwestern quarter of the Capitol Hill. Nevertheless it grew until 1814, when, after a weak resistance at Bladensburg, it was captured by the British, who set fire to the public buildings and some private residences, intending to destroy the town altogether. A hurricane of wind and rain came that night to complete the destruction in some respects, but this extinguished the conflagration. Next day the British left a panic of causeless fear, excepting a large contingent of deserters, who took this opportunity to stay behind and "grow up with the country." The

(Concluded on page 132.)

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VIEW OF THE CITY OF WASHINGTON—From the Washington Monument, looking East.



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



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

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"THE WHITE HOUSE" EXECUTIVE MANSION, WASHINGTON, D. C.
East Front (New Wing), Public Entrance.

Not an Expense.

The Colonial News touches upon a too popular criticism by many who regard as an expense the paying of life assurance premiums.

If a man hides away a few dollars in a secret drawer, or puts them in an iron safe, does he consider it an "expense"? If he deposits them in his savings-bank, does he call it an "expense"? Why is it, then, that so many men look upon a life assurance premium as an expense, and cannot be induced to believe it is not?

When a man spends money for anything, the money passes out of his possession. In its place he has the article which he has bought. This is not the case with a life assurance premium, he deposits the money and it is kept for him awhile, and later on it is given back

again, and usually with more added to it. It never passes out of his possession, nor is he given anything in exchange for it. It is his money just as if it were in his secret drawer. To be sure, the company places a restriction, for a time, on his using it, but in return, considering the value of the assurance, pays him well.

Let us give up the idea that assurance is an expense and view it in its true light.



Tempting Fate.

Assurance agent (to agriculturist):
"Mr. Farmer, don't you want to take out a policy on your life for \$5,000?"
Agriculturist: "Naw, sir; old Jim Bullard took one of them things las' summer, an' I'll be hanged if he didn't die next day."

How to Live One Hundred Years.

Sir James Sawyer, an English physician, is authority for the following nineteen rules for prolonging life to one hundred years :

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against a wall.
6. No cold tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat and see that it is well cooked.
9. (For adults.) Drink no milk.
10. Eat plenty of fat, to feed the cells, which destroy disease germs.
11. Avoid intoxicants, which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three D's—drinking water, damp and drains.
16. Have a change of occupation.
17. Take frequent and short holidays.
18. Limit your ambitions ; and
19. Keep your temper.

With Sir James' permission, we would make the rules come out even, and add :

20. Carry a large life assurance policy with the Sun Life of Canada.

A Practical Cure.

That logical reasoning which children so often display in their imitative games was recently shown most amusingly in a conversation overheard in the children's ward of a hospital. A little girl, whose rôle was that of nurse, rang an imaginary telephone on the wall to talk to her companion at the farther end of the room,

who was playing the part of doctor. "Hello!" said the nurse. "Is that the doctor?" "Yes," answered her companion, in a deep voice, "this is the doctor." "Just got a bad case in," continued the child who was playing at being a nurse. "Lady swallowed a bottle of ink." Thereupon the doctor, with great gravity, inquired what had been done for the patient. "I have given her two sheets of blotting-paper," replied the nurse.



Gentle Speech.

A single bitter word may disquiet an entire family for a whole day. One surly glance casts a gloom over the household, while a smile of sunshine may light up the darkest and weariest hours. Like unexpected flowers which spring up along our footpath, full of freshness, fragrance and beauty, so kind words, and gentle acts, and sweet dispositions make glad the sacred spot called home. No matter how humble the abode, if it be sweetened with kindness and smiles, the heart will ever turn longingly toward it from all the tumult of the world, and home, if it be ever so humble, will be the dearest spot beneath the circuit of the sun.



'Twas His Busy Day.

Some years ago, at Donaldson, La., an explosion of a boiler took place while a negro happened at the moment to be on top of it. The boiler was thrown in one direction and the negro in another. In his flight the negro passed over a building thirty-five feet high and fifty feet broad, and alighted upon the roof of another building some ten feet lower than that over which he was thrown. Upon being asked, by the company's representative, how long he was in the air, he replied, "I cannot tell you exactly, sir. I did not look at my watch." It is said he received no injuries whatever.

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SOME NATIONAL BUILDINGS, WASHINGTON, D. C.

- Patent Office.
- State, War and Navy Departments.
- Capital, West Front.
- New Congressional Library.
- United States Treasury.

SUNSHINE

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

A. M. MACKAY, *Editor.*



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SUNSHINE							September 1904		
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Last Qu. 4	One Mon 5	Two Tues 6	Three Wed 7	Four Thurs 8	Five Fri 9	Six Sat 10	11	12	13
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Don't Worry.

"Don't worry about the future ; it will take care of itself if the problems of the present are intelligently solved and executed."

We came across the above statement somewhere a while ago.

The teaching is good and it will suit any department of life.

The statement should be in large letters before every man's desk.

A great evil always with us is "worry."

To worry is to live in advance of our every-day life.

Its nutriment is in a fear that the future has disaster in store.

The man who worries only looks upon one side of the ledger of life—the debit—the credit that balanced all past troubles is ignored.

It is useless to worry ; but it is advisable to misspent to say "Don't worry," unless the cause is removed. Worry is an effect, and must have a cause.

We do not purpose dealing with the many causes that worry men. We know that the majority of causes relate to financial matters, and we also know that it is not always present financial conditions that are the cause, but future financial prospects.

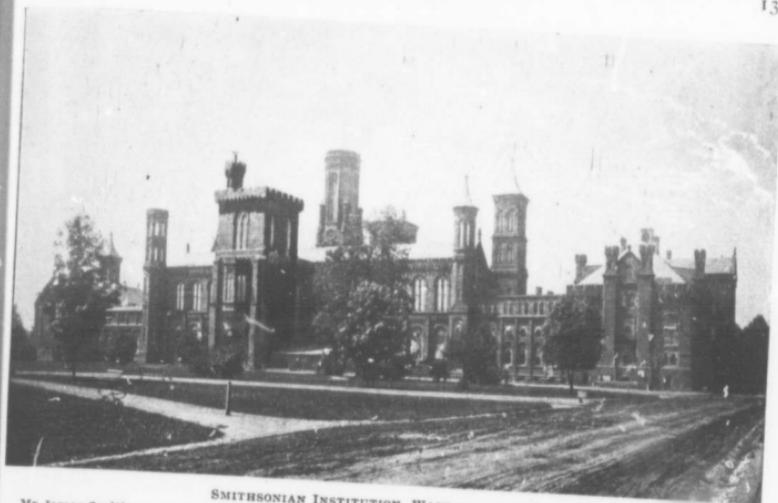
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SMITHSONIAN INSTITUTION, WASHINGTON, D. C.

Mr. James Smithson, a younger son of the Duke of Northumberland, left his fortune to the United States for the establishment of an institution for the promotion of knowledge among men. The wording of the bequest was: "I bequeath the whole of my property to the United States of America to found at Washington under the name of the Smithsonian Institution, an establishment for the increase and diffusion of knowledge among men." Mr. Smithson died in 1829. In 1838 the legacy became available and was brought from England in gold sovereigns, which, upon being received into American money, yielded \$508,318.46.

Granted a cause exists, it is only quite natural to worry.

Were men to take care of the problems of the present and intelligently solve them, the future would most assuredly take care of itself.

Take the case of a man with wife and family.

Of necessity they are depending upon the product of his hands and brain for their maintenance.

That is his share of the work.

While in health and doing well, there is perhaps not much cause for worry.

But at times there flashes across his mind the possibility that the source of supply may cease at his demise.

Such possibilities are daily becoming facts, and a man cannot always get away from the thought that his turn may be next, and the unthinkable condition of wife and family facing a cold world with-

out sufficient financial resources poisons his life, and he worries.

Of course we do not hold that life assurance is a panacea that will remove all the causes of worryment, but in the conditions we have hinted at we do think it will remove the cause. An endowment policy is not only a savings-bank as regards the saving of money, should the owner of it live, but it has the additional advantage of building a wall of protection around wife and family in the event of death.

A man who is free from this cause of worry is fortunate.

Every man eligible for life assurance can be the holder of a policy that will free him and also give wider scope for his talents in directions beneficial to himself and others.

Don't worry. Get life assurance.



The British Legation, Washington, D. C.

Monologues of the Great.

Chippendale was reviewing his work.

"True," he declared, "I have built some pretty good furniture, but I never made a bureau the collar-button couldn't roll under."

Hereupon he wept to think how little real use he had been to mankind.

Capt. Kidd was on his deathbed.

"What a fool I was," he muttered, "to bury my treasure when I could have incorporated it into a watered stock company."

Realizing too late the beauty of this scheme, by which he could have made the money disappear entirely, he turned over to die.

Lord Chesterfield was complimented on his politeness.

"Yes," he explained, "you see I have never had to ride on the elevated road or use a telephone."

Thus is shown the baneful influence of environment upon the lives of the unhappy multitude.—New York Sun.

There is nothing happens to any person but what was in his power to go through with.—Marcus Aurelius.

Quit Kicking.

Quit kicking just because you think
The old world's going wrong ;
There's always something somewhere
Of happiness and song.
Besides, you never made the world ;
Life's scheme is not your own ;
Quit kicking, take what happens, and
Just reap what you have sown.

Quit kicking. When the play is bad,
Remember what you've lost
Some other fellow's gained, and so,
In summing up the cost,
We find that in the end we know
What other men have known.
Results? We take them as they come—
We reap what we have sown.

Quit kicking, man. The world's not bad ;
At least it could be worse.
We live and dream ; that's worth the while ;
We ponder themes and verse ;
We sing and love ; we hate and feel ;
We laugh ; sometimes we weep—
So all the pulsing passions are
Compassed in the sweep.

Of what we are and what we feel —
Quit kicking, man ! The blame,
If in this whirligig of chance
And time, you lose the game,
Is with the man who whiles his life
Uncomplainingly away.
Just laugh, old man ; just dream and love ;
Just live—and live to-day !

—New Orleans Times-Democrat



Noteworthy Sayings.

What is honorable is also safest.

No man can ever rise above that at which he aims.

Contentment consisteth not in adding more fuel, but in taking away some fire.

The acts of faith and mercy are sure to repay the merciful.

If you put up with the small worries of life, the large ones will become diminutive.



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



THE HISTORIC SIDE OF WASHINGTON, D.C.

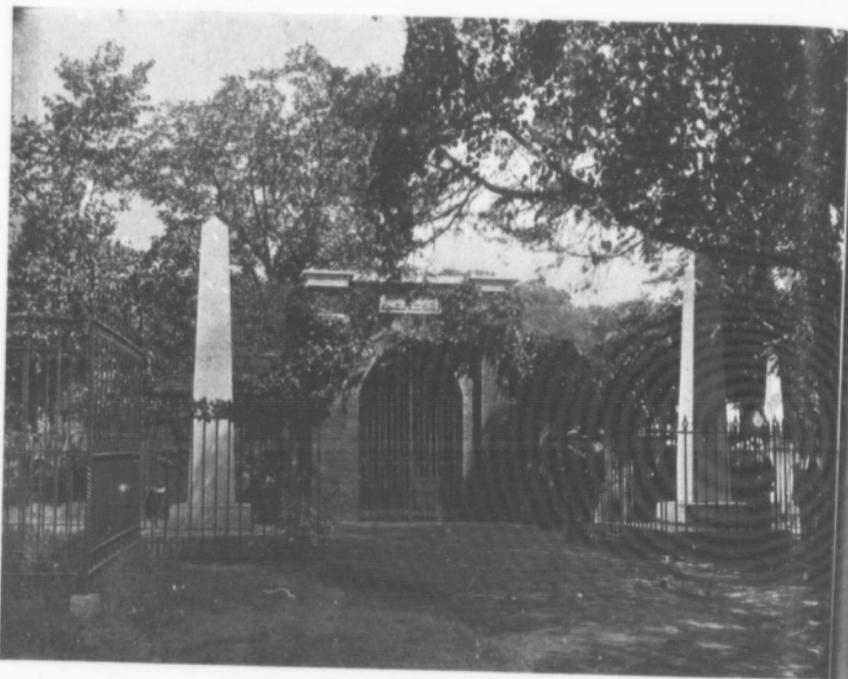
Room in which General Washington Died.

Washington's Mansion at Mount Vernon.

Arlington National Cemetery.

The Temple of Fame, Arlington Cemetery

"A miniature Temple upon whose columns are engraved the names of Great American soldiers."



THE TOMB OF WASHINGTON, AT MOUNT VERNON, VA.

Don't Disparage Other Companies.

It is quite a common practice with life assurance agents to ask a person upon whom he calls to solicit business, on being told that the individual is carrying all the assurance he wants at present, "What companies are you assured in?" Some men will not give this information, for the reason that they know that they have good policies in good companies, and are satisfied with them, and they do not want their minds disturbed or their confidence shaken, for this particular agent will go on to show him wherein the policies that he holds are not desirable, or not so good as the contract which he offers. No good agent will disparage a good company or its policies. Such a course prejudices the average business man against the agent. If an agent represents a good company, he is able to offer as desirable a contract as any other

company can offer, and he must depend upon the merits of his own goods if he wishes to succeed.—The Spectator.



Andrew Carnegie told this story lately. A Scotsman and an Englishman went to see "Douglas," and after Norval's great speech, the Scotsman asked his companion: "What do you think of your Willie Shakespeare, noo?" "Well, was the answer, "you have claimed Chaucer, Milton, Spencer, Wordsworth, Byron, and most of the others; I suppose you'll be claiming Shakespeare Scotch." "Well," said the Scot, "ye allow there's a prima facie case for that ye'll allow he had intellect enough!"



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"Prosperous and Progressive."

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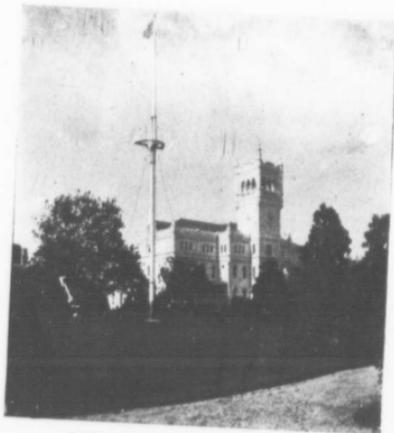
How It Was Done.

At one time the officers under Lord Howe refused to drink his health at their mess, for, though a splendid admiral, he was not popular in the navy on account of a certain shyness and want of tact with those about him. The chaplain, who was a protégé of his lordship, was mortified at this, and determined that the officers should drink to Lord Howe. When called upon for a toast one day, he said: "Well, gentlemen, I can think of nothing better at this moment than to ask you to drink to the first two words of the third psalm, for a Scriptural toast, for once, may be taken from one of my cloths." The toast was drunk. Not one of the officers indicated by word or look that he was ignorant of the words alluded to. On referring to the Bible it was found that the third psalm begins, "Lord, how are they increased!"



A great man is always willing to be little.—Emerson.

There is benefit in all chastisement if we adjust our minds to it.—George Eliot.



Soldiers' Home, Washington, D. C.

Obeying the Doctor.

One of the best stories told of the late Sir Andrew Clark is the following:

At a dinner party one night he noticed that the lady sitting next to him at table passed a dish, to which he helped himself plentifully.

He asked if she did not like it, as it was excellent. She replied:

"Oh, yes, I like it, but my physician forbids me to eat it."

"Stuff and nonsense," said Sir Andrew; "it could not hurt anyone, who is your physician?"

To which the lady, whom the medical magnate had forgotten, answered, with a demure twinkle in her eye.

"Sir Andrew Clark."



Speak a good word for the living—the dead don't need it.



National Museum, Washington, D. C.

Washington, District of Columbia.

(From page 130.)

was immediately rebuilt, and in 1860 it contained 61,000 inhabitants. When the Civil War was over the city found itself with an enlarged population and a vastly greater importance.

The population of the District of Columbia, including the city, is now about 300,000, and is steadily growing. The



Equestrian Statue of Washington,
Washington, D. C.

Federal Government, in lieu of assessed taxes, contributes one-half of all the District's expenses, and practically has done much more than that in the form of public grounds, boulevards and reservations, free to the public and maintained at the public expense.

The relations of the District and Federal City to the Union are very peculiar.

After several experiments in municipal government, Congress created a form of administration of district and city affairs which consists simply of two civilian commissioners, appointed by the President and confirmed by the Senate, and one army engineer officer detailed by the Secretary of War, the three constituting a board of commissioners for three years. They are empowered by Congress to make, and change at will, building, health and police regulations. They also appoint all subordinate officials and clerks.

They are required to make and submit to the Secretary of the Treasury annual estimates for all the expenditures within the District for the ensuing year. One-half of the amount to be raised is assessed upon the District, the other half is appropriated by Congress. The headquarters of District affairs is in the District building on Louisiana avenue, near City Hall. The District courts, except the police court, are in the City Hall, an old building in Judiciary square, facing Fourth and-a-half street, where the marshal and certain other functionaries also have offices. It was in this edifice, built for the court-house, that Garfield's assassin, Guiteau, was tried, and other noted cases have been heard there. In front of it upon a marble column, stands a monument of Lincoln carved by Lot Flannery, who has been described as a "self-taught sculptor."—From Rand & McNally Guide to the City of Washington.



Popularity.

In point of popularity the Sun Life of Canada is making unmistakable headway; and nowadays, when people have no lack of opportunity to look before they leap into the arms of a life assurance agent, popularity is some test of soundness.—The Joint Stock Companies Journal, London, England.



THE THOMAS CIRCLE, WASHINGTON, D. C.



JACKSON SQUARE IN WINTER, WASHINGTON, D. C.

From the Canadian Government Blue Book.

Items of Business of the Life Assurance Companies of Canada

Compiled from the Preliminary Report, for 1903, of the Canadian Government Superintendent of Insurance.

COMPANIES.	Premiums for Year.	Total Cash Income (Net).	Increase in Net Cash Income	Excess of Income over Expenditure.	Increase in Assets.	Increase in Surplus.	Amount of Policies New and Taken up.	Increase of Assurances in Force over 1902.	Amount of Policies New and Taken up in Canada during 1903.
Sun Life of Canada	\$3,297,494	\$3,985,979	\$424,634	\$1,847,203	\$2,025,504	\$290,918	\$14,167,205	\$8,490,587	\$5,598,369
Canada Life	2,798,989	3,975,364	261,224	1,367,166	1,215,075	10,929	10,122,139	6,327,571	4,898,165
Mutual Life of Canada	1,254,986	1,561,070	169,972	784,620	841,594	120,305	4,746,368	3,083,131	4,728,868
Manufacturers' Life	1,219,436	1,435,289	194,399	697,986	730,339	14,147	6,747,792	4,243,280	4,016,381
Confederation	1,196,811	1,595,769	77,954	589,099	674,868	49,523	3,991,439	2,053,552	3,571,766
North American	1,132,617	1,381,364	110,524	602,425	614,688	35,192	5,320,041	1,748,209	4,001,691
Great West	564,481	712,944	117,668	386,178	573,919	97,455	4,878,850	2,729,592	4,278,850
Imperial	493,781	577,645	87,190	306,895	353,111	23,349	3,804,243	2,210,117	3,632,567
Federal	486,722	562,987	20,237	197,799	251,944	15,113	2,644,673	974,672	2,644,673
London Life	323,569	398,011	42,968	165,169	160,902	4,445	1,882,836	638,794	1,882,836
Excelsior	188,438	219,354	34,516	100,415	106,821	2,301	1,582,793	957,887	1,582,793
Dominion Life	149,359	183,441	11,360	104,523	142,030	24,268	816,648	308,059	816,648
Royal-Victoria	128,873	142,451	10,589	41,844	42,424	24,041	1,008,714	439,339	1,008,714
National Life	128,207	135,568	20,011	60,806	74,534	6,182	1,426,632	608,315	1,426,632
Honne Life	119,664	131,040	19,369	12,242	35,705	8,199	1,002,901	315,993	1,002,901
Northern Life	118,183	131,527	21,146	70,631	73,672	9,324	1,071,530	448,422	1,071,530
Continental Life	100,174	114,872	12,750	46,985	86,297	6,136	1,267,724	726,314	1,267,724
Union Life	68,442	172,713	87,943	46,985	66,297	3,044	5,542,288	2,382,599	5,542,288
Crown Life	67,886	70,014	26,238	6,920	7,544	3,044	1,206,850	730,850	1,206,850
Sovereign	27,659	60,355	*	16,909	14,336	*	791,508	*	791,508