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TORCHMARK CORP

Form 5

February 1	2, 2014											
FORM 5							OMB APPROVAL					
	_	STATES SEC				E COMM	IISSION	OMB Number:	3235-0362			
	his box if er subject	V	Washington, D.C. 20549 FATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					Expires:	January 31, 2005			
5 obliga may con	or Form AN ntions ntinue.						IAL	Estimated average burden hours per response				
Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported Form 4 30(h) of the Investment Company Act of 1940 Transactions Reported												
	Address of Reporting	Symb	2. Issuer Name and Ticker or Trading Symbol TORCHMARK CORP [TMK]				5. Relationship of Reporting Person(s) to Issuer					
(Last) (First) (Middle)			3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2013				(Check all applicable) Director 10% Owner Officer (give titleX Other (specify					
AMERICAN INCOME LIFE INSURANCE COMPANY, 3700 SOUTH STONEBRIDGE DRIVE below) Exec Officer of Principal Sub							lub					
	(Street)		4. If Amendment, Date Original				6. Individual or Joint/Group Reporting					
		Filed(Filed(Month/Day/Year)				(check applicable line)					
MCKINNEY, TX 75070 _X_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person Person												
(City)	(State)	(Zip) T	able I - Non-D	erivative Secu	urities	Acquired,	Disposed of,	or Beneficially	Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Code	4. Securities Acquired (Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securiti Beneficial Owned at end of Issuer's Fiscal Yea (Instr. 3 ar	es Ownership ly Form: Direct (D) or Indirect (I) r (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
Common Stock	11/29/2012	Â	S4	Amount 181.4132 (1)	or (D) D	Price \$ 51.9801	4,500	D	Â			
Common Stock	12/19/2013	Â	S4	205.8458 (1)	D	\$ 77.0001	5,100	D	Â			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 2270 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	le and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	Number	Expiration D	ate	Amou	int of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	rlying	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)
	Derivative		•		Securities	ecurities		(Instr. 3 and 4)		
	Security				Acquired					
	·				(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									Amount	
									Amount	
						Date Exercisable	Expiration Date	Title N	or Number	
									of	
					(A) (D)					
					(A) (D)				Shares	

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

SMITH SCOTT ALAN AMERICAN INCOME LIFE INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TXÂ 75070

 \hat{A} \hat{A} \hat{A} Exec Officer of Principal Sub

of D

Signatures

Scott A. Smith, By:/s/Carol A. McCoy, Attorney-in-fact

02/12/2014

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Shares acquired under stock purchase plan of TMK subsidiary.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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