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LET IN THE SUNSHINE.

Some of us remember the old-fashioned parlour with curtains closed all the year except at Thanksgiving or possibly when the school-ma'am came in her regular turn of 'boarding round.' The consequence was a damp room in the house, and an element of depression and disease, which only the large proportion of outdoor life in the olden times could counteract.

The later generation is learning that not only ventilation but *sunshine* is essential to healthy living in the house. Sunlight and good air are as much food for body and soul as are the meat and grain and vegetables that we eat.

We are too niggardly of sunshine. It cannot be too freely used. There is no better physician than nature, no better doctor than sunlight. We use too little judgement in its enjoyment. It is the gift of God, and one of His great boons to men.

Open your windows. What if your carpets fade and other ornaments suffer? Your children in robust health are the noblest ornaments of the household.

Your own health is more consequence than all the bric-a-brac the world can gather. If either must be sacrificed, let it be rather the inanimate things which are merely the adornments, not the elements of human happiness.—*Sel.*

TRAINING IN RESPONSIBILITY.

Infancy is the only time when it is natural or right to be exclusively recipient. Between this time and full maturity giving and taking should be wisely alternated until one becomes as essential to the happiness as the other. It is not kindness but cruelty to neglect this training, in selfishness which quickly bears ingratitude as one of its chief fruits. Children who are honoured by their parent's confidence, and accustomed to add their quota of assistance and to bear their share of self-sacrifice whenever the good of the family requires it, will rarely be guilty of ingratitude. They are not opposed to, but in quick sympathy with their parents, not because they are gifted with specially sympathetic natures or in any way superior to ordinary young people, but simply because they have been made sharers with their parents in the cares and hopes, the responsibilities and labours of the family.