

not only for time, but also for eternity. All parents should therefore see to it that their children are taught early, by precept and example, the true principles of punctuality. By doing so they would reap a rich reward in family comfort. Lack of punctuality in the household is a serious drawback to home happiness, and cannot be too soon remedied wherever it exists. Parents should endeavour to be strictly punctual in presence of their children. A time should be appointed for every observance, and everything should, if possible, be performed at the exact time. No threatening, or promise should ever be made to a child that is not intended to be promptly fulfilled. A faithful discharge of this duty alone would go far to establish the principles of punctuality in our children. We admonish every parent therefore to be *punctual* in this duty especially, if they desire their children to be prompt in their dealings in after life.

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### HEALTH.

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The Health Congress was opened lately at Brighton with an address by the President—Dr. Benjamin Ward Richardson—who took for his subject “The Seed-time of Health.” Dr. Richardson pointed out the nature of the perils which beset the spring-tide of human life and the period bounded by maturity. In pointing out how the perils might be removed he said:—Let every man and wife be their own sanitarians and make their house a centre of sanitation. Let in the sun; keep out the damp; separate the house from the earth beneath; connect the house with the air above; once, nay twice, a year hold the Jewish Passover, and allow no leaven of disease to remain in any corner or crevice; let the house cleanse itself of all impurities as they are produced; eat no unclean thing; drink no impure drink; wear no impure clothing; do no impure act; and all the good that science can render you is at your absolute command. I say nothing but what is good of physical exercise; I would that every school were a gymnasium; I would that every man and woman could ride well, walk well, and skilfully exercise every sense and every limb. I urge only that this example be set, that all exercises, whether of body or mind, be carried out in pure habitude and in accordance with the enlightening progress of the age.

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“Be quite sure of one thing, and remember it, God helping you all your life long, that no person who has ever fallen into definite sin can be quite the same ever again; that his sin will most certainly *find him out*; find him out in weakness; or find him out in suffering, or find him out in shame; so that he will regret it to the very end of his days, even if by God’s great grace, he does not perish in it for ever.”—*Vaughan*.

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Real worth is humble. The laden boughs hang their heads. The nettle mounteth on high, while the violet lieth shrouded under its own leaves, and is only found out by its own scent.”