

the physician cometh not." To open one's house to the sun is to open it to health and gaiety. Pure air and light are benefits which Providence dispenses to all creatures, from which, as from many other gifts, they shut themselves out through ignorance.

Q. What then would you say to such of your friends as hermetically closed their windows, fear of dimming the brightness of their furniture or the lustre of their carpets ?

A. I should say that a wise manager of a household ought to be more concerned about her own health and the health of those dear to her, than about the beauty of her parlor and the brightness of her furniture. Furniture may be renewed while a wrecked constitution can only with difficulty be ameliorated. Then, from an economical point of view, sickness involves more expenditure than a new set of furniture.

Q. In what part of the house ought the bedrooms to be placed ?

A. One should never sleep on the ground-floor, because of the dampness and lesser purity of air ; nor in those apartments situated between the ground-floor and upper-story, on account of their slight elevation ; an upper room should be chosen, high-ceiled, with windows opening to the rising or mid-day sun, through which air and light may freely pene-